

# Love Notes to Myself: Reframing, Revising and Retelling Negative Thoughts

A Twine Project

# Turn to a partner and answer this:

1. What do you remember from the last lesson about identifying emotions?
2. What does it mean to replace recurring negative thoughts into positive, constructive ones.
3. Why is it important?

# Part 1: Looking at the statements on the board...

1. Think of someone you care about or a younger version of yourself. Imagine they are upset. How do you speak to them?
2. You would be gentle and understanding, and you would speak to them in a loving and kind way. You would never say hurtful or overly critical things to them.
3. Now think of how you speak to yourself. Are your words gentle, kind and encouraging? Are you giving yourself the love you deserve – just like you give to others you care for?

# Share

Take out your **Reframing Negative Thoughts** graphic organizer worksheet.

1. Turn to a partner and cover the right column with another piece of paper so you cannot see the "new thought" column.
2. Share your situations with each other and discuss some different positive, constructive thoughts.

## Reframing Negative Thoughts - My Self Talk Log

Your task is to think of a few situations where you feel sad, angry, stuck, anxious or nervous. You will reframe the negative thoughts into more positive ones and practice self-talk.

Situation/ Self-talk	Automatic Thought Negative Mindset	New Thought Positive Mindset
Example: I made a mistake in math.	"I always mess up. I am no good at math. I am a failure."	"I messed up, but that happens sometimes. I am going to work though this."

# Objectives

By the end of this project, I will be able to.../

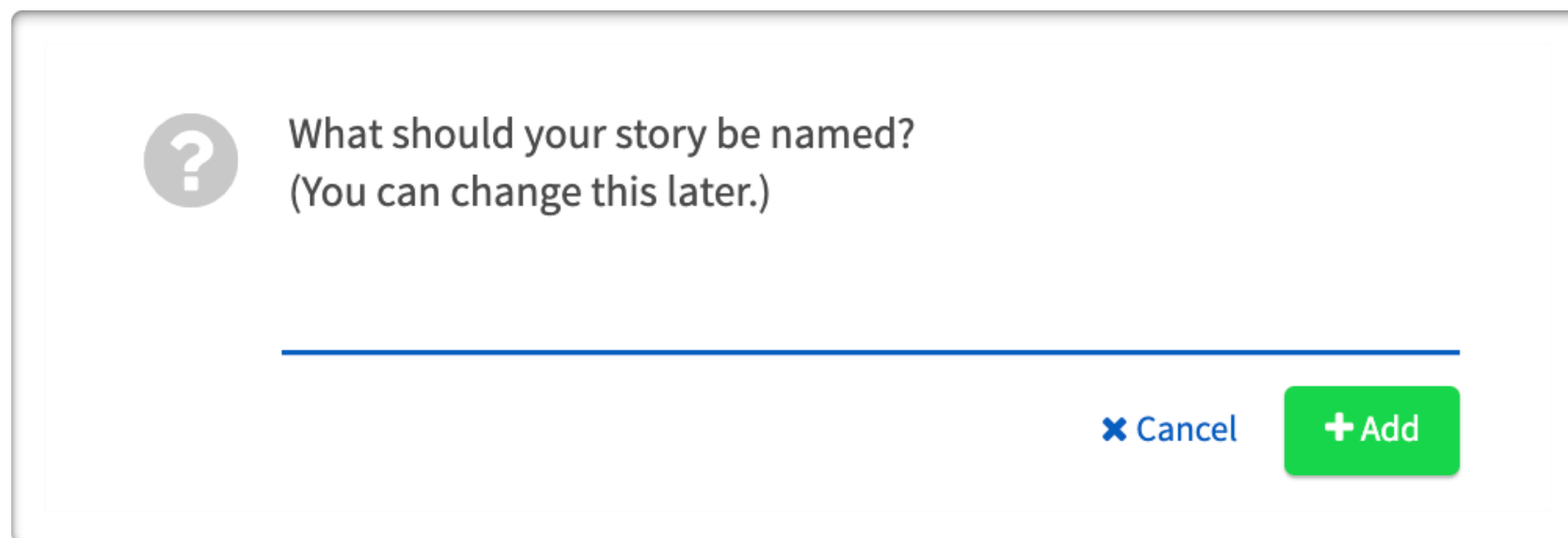
1. Identify when I am having a negative thought.
2. Reframe, revise and re-tell negative thought or negative self-talk into positive, constructive ones.
3. Find different ways to challenge and reframe thinking in a difficult situation.
4. Build, design and create an interactive story using Twine.
5. Apply what I learn into my everyday life and use what I learned to help others when I hear them having negative self talk.

# Rubric

Achievement Indicators	1	2	3	Scale
<b>Variety and Creativity</b> <ul style="list-style-type: none"> <li>How creative students are</li> <li>What elements did they add to make the story interactive and an enjoyable educational experience for the reader?</li> <li>Writing is meaningful and personalized</li> </ul>	Student is not creative in their interactive story. Student did not add any codes to engage with reader.	Student used some tools within Twine to be creative and add some depth. Text is somewhat interactive. Reader is somewhat engaged.	Student used a variety of tools within Twine creatively to engage readers that adds greater depth and interactivity. Text is interactive and integrated meaningfully.	1 2 3
<b>Organization/Connection</b> <ul style="list-style-type: none"> <li>Clear connection between passages and links</li> <li>Represent and communicate ideas and findings in a variety of ways</li> <li>Hyperlinks and hidden passages make sense</li> <li>Students show understanding</li> </ul>	Student is beginning to understand Twine, using minimal passage links. The student created less than 5 passages or links. Student did not produce complete sentences or paragraphs. There is little to no connection between passages.	Student wrote passages in a full sentences. Student uses many components in Twine, and create more than 5 passages and links. Student wrote complete sentences but only some connection between passages.	Student creatively uses all elements of Twine, an interactive, informational writing piece and remained on topic throughout the whole piece. The student created more than 10 passages and links. Student writing is easy for the reader to follow. All the passages are connected coherently.	1 2 3
<b>Writing</b> <ul style="list-style-type: none"> <li>Includes an introduction and end page explaining the game.</li> <li>Composed written pieces using appropriate, purposeful writing style for task given</li> <li>Understand elements of creative writing</li> <li>Students ability to use accurate grammar when writing interactive story</li> </ul>	Student did not include an introduction/ending page to their story. produce complete sentences or paragraphs. Student did not use appropriate grammar and majority of the piece is unreadable.	Student included an introduction and ending. Student wrote passages in a full sentences that used some appropriate grammar. It is easy to follow. Student uses many components in Twine, and create more than 5 passages and links.	The student included a clear introduction with instructions on how to play the game. An ending page is also included. Student used appropriate and purposeful writing to tell their story. Student used appropriate grammar throughout the whole interactive story and wrote more 10+ passages in depth.	1 2 3
<b>BONUS</b> Change background or text color into their Twine project. Students can receive up to 3 points if they edit their CSS to c	Student unsuccessfully used the StyleSheet and did not include an image.	Student experimented on CSS using the teacher's guide. There are a few errors	Student successfully changed the background and text using the StyleSheet with no errors	1 2 3
<b>Score</b>				/9

# Part 2: Twine Lesson and Teacher Demo

1. Open Twine: <https://twinery.org/>
2. Click "+ story". A pop up will appear. Give it a name to begin with. This can be changed later too.

A screenshot of a dialog box from the Twine application. On the left is a grey circular icon containing a white question mark. To its right, the text reads "What should your story be named?" followed by "(You can change this later.)" in a smaller font. Below this text is a horizontal blue line representing a text input field. At the bottom right of the dialog, there are two buttons: a blue button with a white 'x' icon and the text "Cancel", and a green button with a white '+' icon and the text "Add".

What should your story be named?  
(You can change this later.)

✕ Cancel + Add

# Introduction and Ending Passages

On the storyboard, there will be one passage. This is your starting page, where the first link can be made.

In this passage, you would want to write an introduction to your story that introduces the activity.

You also need an ending passage so the player knows that the game is finished. You can edit these whenever you would like.



# Making Links

1. To make a link, we will need to add enclosing square brackets "[[ & ]]" on a word. This will create a link to a new passage that we can now edit and continue on with our story.

**Note:** It is important to make sure you keep the title of the passage and link the same, or else if you change the link you might see an arrow connecting to a red **X**. If you see this, this means the link is not connected anymore.

2. For each link, I made sure to add a link to connect back to this question page in case the reader wanted to continue. In the case that we want to link a passage that you want to show a different text but link to an existing passage, we will need to use the arrow sign "->" with **no spaces in between**.

3.

A screenshot of a text box with a light blue background and a thin grey border. Inside the box, the text "[[begin reading-&gt;Begin]]" is displayed in a blue, monospaced font. The text is centered within the box.

# Hidden Links

1. The placement of the brackets ((), quotations "" and square brackets [] are extremely important. Make sure there are no spaces in between other than the text.
2. We would place the text we want to show in the `blue text` inside the quotation marks, and the hidden text that will be revealed after the initial text is shown.
3. To make multiple entry points for the link, we would use the same format throughout our passage. This step can be repeated as many times as needed.
4. When a link is created, the text will show up **bold**. This will let the player know that the text needs to be changed.

To make a link that reveals the hidden message, follow these steps:

1. `(link:`
2. `(link:"your text here")`
3. `(link:"your text here")` [hidden text that will reveal after text is clicked]

# Step by Step

1. (Link:
2. (Link:"*your text here*")
3. (Link:"*your text here*")*[hidden text that will reveal after text is clicked]*.

To make a link that reveals the hidden message, follow these steps:

1. (*link:*
2. (*link:"your text here"*)
3. (*link:"your text here"*)**[hidden text that will reveal after text is clicked]**

When the code is entered correctly, the elements of text should be color coded. The brackets are purple, the link is a light green, the original text is light blue, and the text revealed inside the square bracket is black.

# Example

**Original passage:** I hate the ways my eyes look, they are so small

**New passage:** I love the ways my eyes look, they allow me to see the beauty in the world.

The following example below shows how I added the hidden link code to the text to create the text reveal once each bold text is clicked.

```
I (link:"hate") [love] the ways my eyes look, they (link:"are so small")  
[allow me to see the beauty in the world].
```

```
{(text-size: 0.7) [[keep reading->Mistake 9]]  
}
```

# Your Turn!

Now, we have the fundamental tools to create this story. You can now start adding new passages to your story to make it interactive.

You are required to do 10 minimum passages. You are highly encouraged to use the worksheet as a visual to help guide your project.

# Extensions: Text Size

You can use numbers or percentages. Such as, (text-size: 0.7) or (text-size: 50%). When we want to change the size of a specific text in a passage, we can add a pair of square brackets [], or double brackets if it is a link [[]]

```
{(text-size: 0.7) [[keep reading->Mistake 14]]  
}
```

# Extensions: Coloured underlines on links

Click on their `{(text-color: red) [(text-style:"wavy-underline") [[mistakes->mistakes (def)]]]}` to fix them with `{(text-color: green) [(text-style:"underline") [[love->love (def)]]]}`;

1. `{(text-color:red) [text]}`
2. `{(text-color:red) [[link]]}`
3. `{(text-color:red) [(text-style:"wavy-underline") [[link]]]}`

Click on their mistakes to fix them with love;

begin reading

# Bonus Marks: CCS

Cascading StyleSheets (CCS) are used to change the color, typeface and other parts of the story's visual appearance. Here, we can use a simple code that can change the background and text color to the one we want.

## To change story colours

```
tw-story {  
  font-family: avenir, serif;  
  font-size: 150%;  
  color: black;  
  background-color: white;  
}
```

## To hide left and right arrow bars

```
tw-sidebar {  
  display: none;  
}
```



# Self Reflection

Choose 5 questions each and record your self-reflection responses in your journals.

## Project Self-Reflection:

- How did you re-write the love notes?
- How did you choose what passages to include?
- What is the most meaningful to you when creating this Twine story?
- How do you feel about creating this project?
- Why is it important to reframe negative thoughts?
- Why is this project important?
- What did you learn from this project?
- What will you take away?

## Twine Reflection:

- What was challenging for you? How did you overcome the challenge?
- What mistakes did you make? How did you fix those mistakes?
- Did you develop any strategies to help you?
- What did you notice about designing the interactive story?
- How did you feel about using CSS?
- What new information did you discover?
- Do you find using Twine was meaningful for you?