



LEARNINGbyte

Professional Responsibilities and Considerations

Reflect and Reframe



PURPOSE OF ACTIVITY

The purpose of this activity is to guide learners as they reflect on personal biases or judgmental thinking while teaching them reframing techniques to use in their daily work with children and families.



RESOURCES NEEDED

- Handout: *Reflect and Reframe*
- Empty waste basket



SPECIFIC STEPS

1. Prior to the activity, cut out each item on the *Reflect and Reframe* handout. You will want the items to be on big enough pieces of paper that learners will be able to ball them up and toss them into the waste basket.
2. At the start of the activity, give each learner one of the statements. (There are blank statement boxes at the end of the handout, if you need to add more for the number of participants.)
3. Explain to participants that we all have personal biases and we all occasionally hear others make judgmental statements about families. This activity will help them reflect on those biases/ judgements while practicing reframing these thoughts into more positive thinking.
4. Each participant silently reads his/her statement and reflects on a way to positively reframe the statement.
5. Ask for volunteers or go around the room asking each participant to read his/her statement aloud, ball it up and toss in the waste basket. Then the participant shares positive reframing of the statement. If anyone gets “stuck,” allow the group to discuss and generate ideas.
6. Encourage group discussion about any of the statements that “hit a chord” with individuals. Also encourage discussion of other statements that are not included in this activity but “hit that same chord.”
7. Ask learners to pair up with a partner to discuss how they might respond if they hear negative/ judgmental statements from colleagues in the future.
8. Wrap up with a quick group discussion, sharing strategies/ideas for how to respond in the future.



ADDITIONAL RESOURCES

- DEC Recommended Practices Monograph Series No. 3 Family: Knowing Families, Tailoring Practices, Building Capacity (2017)

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1. They spend money foolishly.
2. They are lazy.
3. They don't try hard enough.
4. They have too many kids.
5. They don't do enough to turn around their lives.
6. They are never on time.
7. They are unreasonable.
8. They look down on women.
9. They should learn English.
10. They are always looking for someone to solve their problems.
11. They never follow through.
12. They are in denial.
13. [add additional items here]
14. [add additional items here]
15. [add additional items here]
16. [add additional items here]

Reflect and Reframe

ANSWER KEY

These are suggested reframing ideas but feel free to add your own responses.

1. They prioritize how they spend their money differently than I might; there are purchases that are important to this family. [This discussion frequently comes up when families have large TVs, latest technology/cell phones, expensive clothing items.]
2. They know how to relax; they choose to live a more stress-free life.
3. They know how to utilize resources available to them; they are willing/able to use supports available.
4. They enjoy children; they value a large family.
5. They are comfortable with their lives; they are content with their current situation.
6. They are less driven by clocks or time constraints; their sense of timeliness might be different than my own.
7. They might have different expectations; they have high expectations.
8. Their culture is patriarchal; men are the decision-makers in their culture/home.
9. They value their cultural heritage; it is a priority for them to use their native language.
10. They are good at accepting support and assistance; they are willing to access the expertise of others.
11. They had different priorities than what I expected; their daily life challenges and time constraints impacted their ability to “follow through.”
12. They focus on the positives; they are hopeful.