

# Non-Judgement

Grade 7 – Health and Physical Education



## Lesson Details

<b>Grade Level:</b>	7	<b>Curriculum Links:</b>	Health and Physical Education	<b>Time Needed:</b>	45 minutes
<b>Learning Goal</b>	To learn how to rewrite negative judgements about themselves and others into feelings that are non-judgemental.				
<b>Success Criteria</b>	By the end of this lesson, students will have practiced changing their judgemental emotions and feelings and transformed them into positive scenarios.				
<b>Specific Expectations</b>	<p><i>Identification and Management of Emotions</i></p> <ul style="list-style-type: none"> <li>Apply skills that help them identify and manage emotions as they participate in learning experiences in health and physical education, in order to improve their ability to express their own feelings and understand and respond to the feelings of others.</li> </ul> <p><i>Positive Motivation and Perseverance</i></p> <ul style="list-style-type: none"> <li>Apply skills that help them develop habits of mind that support positive motivation and perseverance as they participate in learning experiences in health and physical education, in order to promote a sense of optimism and hope.</li> </ul>				
<b>Materials Needed</b>	Worksheet (attached), Pencil.				

## Lesson Description

<b>Overview</b>	Students will create a list of negative judgements that they repeatedly have, either about themselves, someone else, or an event. Then they will focus their energy on re-writing the judgements into positive statements and thoughts to help them focus on what they can control and change, and to be okay with what they cannot.
<b>Activity</b>	<ol style="list-style-type: none"> <li>Have an open and honest discussion with the students about judgements. What is a judgement? Why can they be bad? How can they change?</li> <li>Next, distribute the attached worksheet and explain the activity to the students. The students will try to rewrite negative judgements into a form that is non-judgemental. Students will complete this activity independently.</li> <li>Finally, put the students into pairs or small groups to share what they have learned.</li> </ol>
<b>Background Information</b>	<p>Turtles go through life slow and steady. But sometimes they can be turned upside down. In those circumstances they move slowly and will use any support they can find to help themselves turn over when life has turned them upside-down.</p> <p>Just like a turtle, human emotions and ways of thinking need to be slowly turned upside down. When negative and judgemental thoughts arise it's important to take a step back, re-evaluate the situation, and begin again.</p> <p>Part of this lesson is taken from skills and training related to Dialectical Behaviour Therapy which was developed by Marsha Linehan.</p>
<b>Blacklist Masters</b>	<ul style="list-style-type: none"> <li>Worksheet (attached)</li> <li>Video Link(s): <a href="#">Mental Health and Turtles</a></li> <li>For more information, please visit <a href="https://www.turtleguardians.com/">https://www.turtleguardians.com/</a></li> </ul>

## Lesson Description

<b>Place-Based Learning</b>	Students will take time to focus on themselves and their emotions. This can help to create a more positive atmosphere within the classroom.
<b>Inquiry-Based Learning</b>	Using <b>Confirmation Inquiry</b> , the students will work independently to complete the worksheet and reflect upon their emotions.  Ask the students: <ul style="list-style-type: none"><li>• What does it mean to be judgemental?</li><li>• How can being judgemental of ourselves impact our mental wellbeing?</li><li>• What skills can we develop to help ourselves be less judgemental?</li></ul>
<b>Turtle Stories</b>	Just like a turtle, we need to take things slowly sometimes. How do you practice patience and understanding when things are out of your control? Students are encouraged to share their experiences, pictures, and worksheets on the Turtle Stories website, found here: <a href="https://www.turtlestories.ca/">https://www.turtlestories.ca/</a>
<b>Turtle Guardian Program Links</b>	In <b>Level 1</b> (Ontario Turtle Identification) of the <b>Turtle Guardian Program</b> , students will learn how to identify all 8 species of Ontario's Turtles and learn more about their life. For more information, please visit <a href="https://www.turtleguardians.com/what-is-a-turtle-guardian/">https://www.turtleguardians.com/what-is-a-turtle-guardian/</a>

## My Notes



# Non-Judgement

The idea behind this exercise is to try to rewrite our negative judgments in a form that is nonjudgmental. Think of a negative judgement that you repeatedly have – it can be about yourself, someone else, or an event.

You will express what happened: describe the situation factually, write down what feelings you had, and what you were thinking about. Then, without using words that will express a negative and judging attitude, you will rewrite the situation.

## Examples:

**Judgment:** “I hate this baby crying on the plane. Not everyone has to be a parent!”

**Mindful Form:** “I hear a baby crying loudly in the seat behind me. I feel angry at their parents and I feel like they need to do a better job. I am feeling irritated and angry.”

**Judgment:** “I can't stand going to family gatherings. My cousins are so mean. They are always bragging and are so fake!”

**Mindful form:** “My cousins make comments that annoy me. I don't like how much they talk about buying stuff. They make me feel unfriendly and like going home.”

**Judgment:** “I can't seem to advance in my career, I am such a weak person. Probably nobody can even remember my name because I am unimpressive.”

**Mindful form:** “I haven't had a promotion in five years now, and that makes me want to blame myself. I am feeling discouraged. I am also thinking that maybe the reason I didn't get the promotion is that I am not personable enough.”

**Judgment:** “My partner is so selfish. I hate them! What a jerk! They only think about themselves! They always forget the plans we make.”

**Mindful form:** “My partner forgot about the plan we made today. They don't always do that though. I feel angry and I feel like I want to have an argument with them. I am thinking that they only think about themselves (but that is not true).”

**Note:** In this example, the person added a reality check to the thoughts they were having.



### **Step 1: What is the Judgement?**

Write down the judgement you are feeling.

Not being able to quit smoking.

### **Step 2: Describe the Judgement**

Try to do it objectively. Describe the judgment in a nonjudgmental way.

I have been smoking for 2 years now, and I usually tend to label myself with offensive words because I haven't managed to quit yet. I have this bad habit and I know that it is harmful for my health.

### **Step 3: How I Feel Because of the Judgment**

Usually the negative judgment produces negative feelings which is why we want to try to change that. Write down how the judgment makes you feel - do you feel worse or better than before you made the judgment? Describe it.

After I judge myself I start feeling self-hatred and I feel depressed. That just makes me want to smoke more so that I'll soothe myself, and I have even less confidence that one day I will quit.

### **Step 4: What Life Would Look Like Without this Judgment**

Can you imagine how you would feel and what you would do if you didn't have this negative judgment? How would it be different for you? Would you feel more at ease? Would you try a different action or behavior and maybe achieve a different result? Think about it.

If I didn't have this negative judgment about my smoking habit, I would probably feel less self-hatred and depression. I think that I would accept faster and more fully that I have a bad habit that needs changing. I wouldn't feel burdened with all these negative emotions caused by judging myself, and maybe I would try a program or read a book that would help me quit.

Every time during the day when you notice that you have this judgment on your mind, try to transform it by thinking about it in a non-judgmental way. So, instead of saying to yourself "I'm so stupid, I'll never quit spending money on fast food", remind yourself that it's a habit that is already there and that there is nothing useful coming from judging yourself. Be aware and accept the new feeling of non-judgmental attitude and perhaps gradually you will reach a point where acceptingly you will try to find a solution to this problem.



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## Examples:

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**Mindful form:** “I haven't had a promotion in five years now, and that makes me want to blame myself. I am feeling discouraged. I am also thinking that maybe the reason I didn't get the promotion is that I am not personable enough.”

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**Note:** In this example, the person added a reality check to the thoughts they were having.



### **Step 1: What is the Judgement?**

Write down the judgement you are feeling.

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### **Step 2: Describe the Judgement**

Try to do it objectively. Describe the judgment in a nonjudgmental way. For example, maybe you are constantly judging yourself for spending too much money on fast food.

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