



Positive Self Talk

Simple lesson and craft

lesson plan

Why Positive Self Talk

What is self talk?

Self talk are the words we say to ourselves. These words can be positive or negative. You can use the term self talk or thoughts or messages. In this exercise, students will hear all three interchangeably.

POSITIVE SELF TALK LESSON & EXERCISE

OBJECTIVE: Students will be able to recognize negative and positive self talk and be able to create their own positive self talk phrases.

MATERIALS:

INTRODUCTION: Explain the difference between positive and negative self talk or messages.

How does positive self talk help?
You will feel more confident and able to try again. Positive self talk helps with challenges.

DON'T FORGET YOUR UMBRELLA

DIRECTIONS

STEP 1: Negative talk comes up often in situations where we are uncertain or nervous. On the cloud on other page, write down a situation where you have felt unsure or nervous. For example, you might have felt unsure when you started a new sport or nervous when you had a science test.

THE MESSAGES WE SEND TO OURSELVES



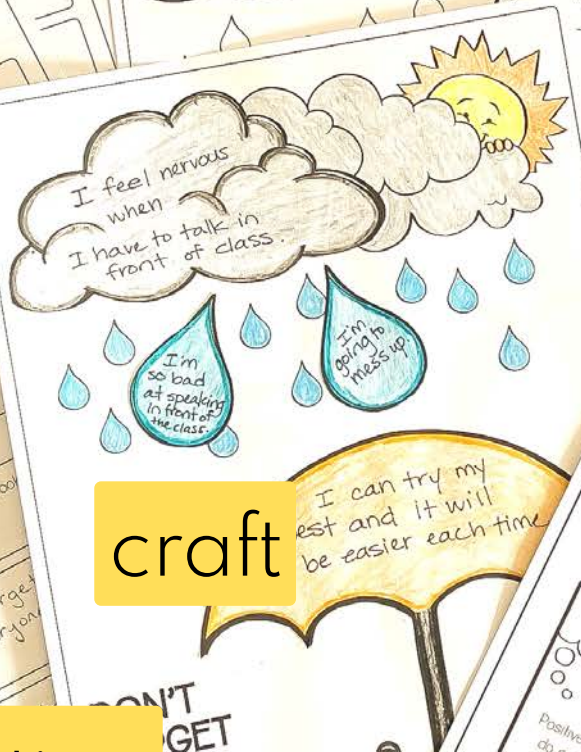
Negative Message



Positive Message



positive and negative messages worksheet



craft

positive thinking stickies



Why Positive Self Talk

What is self talk?

Self talk are the words we say to ourselves. We can use the term self talk or thoughts or three interchangeably.

- **Negative self talk** is when we tell ourselves we aren't good enough. It can stop us from trying new things or make us feel the worst.
- **Positive self talk** is when we remind ourselves we can do good enough. It can help us face challenges and build confidence.

How does positive self talk help?

Positive self talk teaches you to recognize your strengths and push through challenges. You will learn to recognize your strengths and push through challenges again. Positive self talk isn't about being optimistic or happy, but rather encouraging yourself to face what challenges may come.

Special Note - Ability vs Effort

A lot of articles and resources

POSITIVE SELF TALK LESSON & EXERCISE

OBJECTIVE: Students will be able to recognize negative and positive self talk. Students will be able to create their own positive self talk phrases.

MATERIALS:

INTRODUCTION: Explain to students what self talk is. You can use the term self talk or thoughts or messages.

Self talk are the words we say to ourselves. These words can be positive or negative. **Negative self talk** is when we tell ourselves we can't do something or we aren't good enough. It can stop us from trying new things, make us doubt ourselves, or push us to think the worst.

Positive self talk is when we remind ourselves we can try our best or that we are good enough. It can help us face challenges, take risks, set big goals, and build confidence. Explain the power of positive self talk.

Teach you to think about situations differently and push through challenges. You will recognize your strengths, ways you can grow, and reasons to try. Self talk isn't about being optimistic or happy, but rather encouraging yourself to face what challenges may come.

Here are situations where negative self talk is likely to happen. These situations bring out the negative self talk. This might be when we are trying to do something new or doing something challenging. When we feel uncertain or nervous, we are likely to use negative self talk.

GROUP EXERCISE: Storm - Rain - Umbrella Metaphor

These situations come in like rain clouds. Pretty soon the rain drops (negative self talk) start falling. We can choose to get wet or we can use our umbrella (positive self talk). Use **The Messages We Send To Ourselves** to help students create their own positive self talk phrases.

Simple Lesson Plan

"I can try my best" or "I can do it" are phrases that help us overcome our fears. We often tell ourselves that we are not good enough and that we will fail. We can tell ourselves that we are capable and that we will succeed. We can tell ourselves that we are strong and that we can overcome our fears. We can tell ourselves that we are smart and that we can solve our problems. We can tell ourselves that we are brave and that we can face our fears. We can tell ourselves that we are kind and that we can help others. We can tell ourselves that we are honest and that we can tell the truth. We can tell ourselves that we are responsible and that we can take care of our duties. We can tell ourselves that we are confident and that we can believe in ourselves. We can tell ourselves that we are resilient and that we can bounce back from our failures. We can tell ourselves that we are optimistic and that we can see the good in every situation. We can tell ourselves that we are grateful and that we can appreciate what we have. We can tell ourselves that we are patient and that we can wait for our dreams to come true. We can tell ourselves that we are hardworking and that we can achieve our goals. We can tell ourselves that we are determined and that we can never give up. We can tell ourselves that we are courageous and that we can stand up for our beliefs. We can tell ourselves that we are compassionate and that we can show kindness to others. We can tell ourselves that we are forgiving and that we can let go of our grudges. We can tell ourselves that we are humble and that we can recognize our own limitations. We can tell ourselves that we are open-minded and that we can listen to others. We can tell ourselves that we are curious and that we can learn from our mistakes. We can tell ourselves that we are creative and that we can think of new solutions. We can tell ourselves that we are resilient and that we can bounce back from our failures. We can tell ourselves that we are optimistic and that we can see the good in every situation. We can tell ourselves that we are grateful and that we can appreciate what we have. We can tell ourselves that we are patient and that we can wait for our dreams to come true. We can tell ourselves that we are hardworking and that we can achieve our goals. We can tell ourselves that we are determined and that we can never give up. We can tell ourselves that we are courageous and that we can stand up for our beliefs. We can tell ourselves that we are compassionate and that we can show kindness to others. We can tell ourselves that we are forgiving and that we can let go of our grudges. We can tell ourselves that we are humble and that we can recognize our own limitations. We can tell ourselves that we are open-minded and that we can listen to others. We can tell ourselves that we are curious and that we can learn from our mistakes. We can tell ourselves that we are creative and that we can think of new solutions.

Situation

Negative Thought

Positive Thought

Situation

THE MESSAGES WE SEND TO OURSELVES

Situation

You are starting a new after school program and you don't think you will know anyone there.

Negative Message

I'm going to be all by myself.

Positive Message

I can try to meet some new friends.



Introduction to Positive and Negative Self Talk

giving your book report in front of the class.

forget what to say everyone will laugh.

Negative Message

Positive Message

I can try my best.



DON'T



I feel nervous
when
I have to talk in
front of class.

I'm
so bad
at speaking
in front of
the class.

I'm
going to
mess up.

I can try my
best and it will
be easier each time

DON'T
FORGET
YOUR

ational Workshop



Student Craft
Cut & No Cut Option



Printable Stickers for Positive Self Talk



YOU MIGHT LIKE

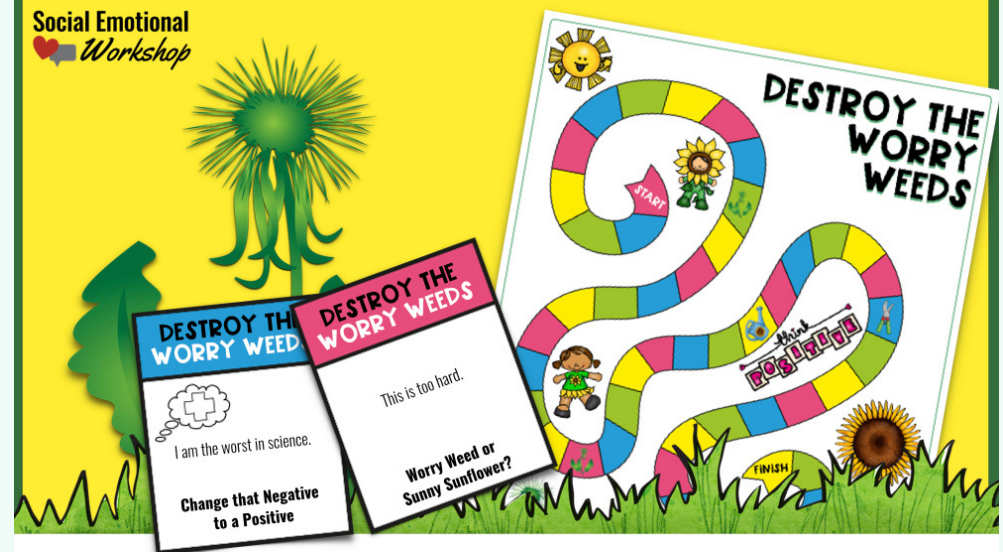
POSITIVE THINKING

Worry Weeds and
Sunny Sunflowers



Positive Thinking Lesson

DESTROY THE WORRY WEEDS



POSITIVE THINKING GAME

Positive Thinking Game