

Learning Objective: To teach children to use positive self-talk to direct their thoughts and behavior

Skill: Emotional control

Ask the group, "What is self-talk?" Prompt them to think of the two words—"self" and "talk"—separately.

Tell them:

Self-talk is what you say to yourself every minute of every day. It's also called "inner speech." You're probably not aware of it, but you are constantly telling yourself things that affect what you think, say, and do. For example, if you are afraid, you can say to yourself, "It's okay, there is nothing to worry about." You can help yourself concentrate by saying something like, "Tune everything else out, and focus on what you are doing."

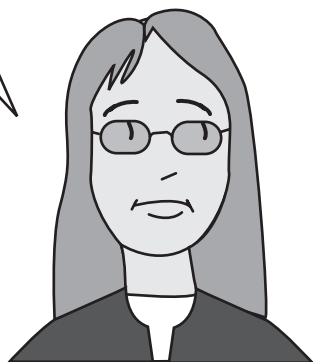
If you think positively, you will probably succeed. If you think in negative terms, you probably won't. When you recognize the thoughts that make you feel good, you can make them happen more often. Some people write their positive thoughts down and read them during the day. Other people just try and repeat the positive thoughts at different times during the day, until thinking these thoughts becomes a habit. You can learn to comfort yourself when things go wrong. You can learn to be your own best friend!

Distribute Activity Sheet 40. After the children complete it, have them discuss how positive self-talk really does make people feel better about themselves.

Name _____ Date _____

Read the statements below. For each, give an example of negative self-talk. Then, replace it with positive self-talk.

There's a math test on Friday. I'm going to fail—no doubt about it.



NEGATIVE SELF-TALK

There's a math test on Friday. If I study hard, I'll do okay.



POSITIVE SELF-TALK

I really want a puppy.

Negative self-talk: _____

Positive self-talk: _____

I wish I were taller.

Negative self-talk: _____

Positive self-talk: _____

Kayla's clothes are so cool.

Negative self-talk: _____

Positive self-talk: _____