

POSITIVE SELF-TALK

BENEFITS ALL STUDENTS IN ALL GRADES AND CONTENT AREAS.



WHAT IS IT?

POSITIVE SELF-TALK IS TALKING TO OURSELVES IN A KIND, OPTIMISTIC, AND REASSURING WAY.

HOW DO I TEACH THIS IN MY CLASSROOM?

1. MODEL POSITIVE SELF-TALK
2. CREATE A LIST OF POSITIVE SELF-TALK STATEMENTS
3. PRACTICE CHANGING NEGATIVE STATEMENTS INTO POSITIVES
4. DISCUSS WITH STUDENTS AND CHILDREN THE BENEFITS

KIDS MAY BE SKEPTICAL AT FIRST,
CONSISTENCY IS IMPORTANT

healthy Self-Talk 	
THIS	NOT THAT
✓ Whoops. I made a mistake.	✗ I'm so dumb.
✓ I like me.	✗ No one likes me.
✓ I did something bad.	✗ I'm a bad person.
✓ This is really hard but I'm going to keep trying.	✗ I give up. I'll never be able to do this.
✓ I haven't figured it out...yet.	✗ I never get anything right.
✓ I am enough. And worthy, too.	✗ I'm not good enough.

WHY USE IT?

POSITIVE SELF-TALK CURB NEGATIVE EMOTIONS AND INCREASE STUDENT SELF CONFIDENCE, SUCCESS, AND PRODUCTIVITY

WHAT DOES IT LOOK LIKE?

CHANGING PHRASES INTO POSITIVES

INSTEAD OF: I'M NOT GOOD AT THIS!

TRY: WHAT AM I MISSING?

SECONDARY TEACHERS CAN WORK WITH

STUDENTS ON GROWTH MINDSET TO IMPROVE

POSITIVE SELF-TALK.

IDEAL POPULATIONS FOR

POSITIVE SELF-TALK

GENERAL EDUCATION

STUDENTS WITH LEARNING DISABILITIES.

STUDENTS THAT ARE ENGLISH LANGUAGE LEARNERS.

STUDENTS WITH HEALTH IMPAIRMENTS

TEACHERS CAN USE CLASSROOM DECOR TO

ENCOURAGE POSITIVE SELF-TALK. THIS

COULD BE A SELF-TALK BULLETIN BOARD OR

HAVING POSITIVE SELF-TALK POSTERS ON

THE WALLS.



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