

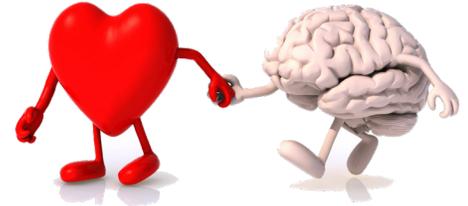
# My Self-Talk Skills Activity Guide Grade K-2



# Know Your Neuro

## Video Quiz Questions

1. What is self-talk? **Answer:** The way you talk to yourself. We talk to ourselves all the time!
2. Can self-talk be helpful or unhelpful? **Answer:** It can be both helpful and unhelpful depending upon what you say to yourself.
3. What is the voice that talks to yourself called, and where does it come from? **Answer:** Your inner voice. It comes from inside your brain.
4. Can everyone hear your inner voice? **Answer:** No one hears your inner voice except you, unless you say your inner thoughts out loud.
5. Why is your inner voice important? **Answer:** Your inner voice and how you talk to yourself affects how you feel and what you do.
6. What is negative self-talk? **Answer:** Negative self-talk happens when your inner voice focuses on the bad and says negative things like, 'I'm not good at this', 'I can't do it', or 'I'm bad at this!'
7. How can negative self-talk make you feel? **Answer:** Negative self-talk can make you feel sad and scared to try things.
8. What is positive self-talk? **Answer:** Positive self-talk happens when your inner voice focuses on the good and says things like 'You can do it', 'Keep trying', or 'You'll get it!'
9. How can positive self-talk make you feel? **Answer:** Happy, confident, and willing to try things, even if they are hard.



## Classroom Activities

### Flip-A-Thought

Write and display a negative self-talk statement on the board for students to read. Encourage them to think of a positive thought to 'flip' the negative one out of the way! Ask students to volunteer and share what negative self-talk statements they have said to themselves. Use these to practice flipping into a positive.

### Positive Self-Talk Paper Chain

Ask each student to write a positive self-talk statement on a strip of construction paper and create a paper chain that can be displayed in the classroom. Challenge students to discover how long they can make their paper chain!

### Self-Talk Shield

Using the outline of a shield, invite students to write positive self-talk statements across their shield. Explain that positive self-talk will shield and protect their brains. Display their shields in the classroom or tape them to the front of their desks. Challenge students to use their own positive self-talk statements when they are doing something that is hard.

### Self-Talk Scenarios

Read each scenario outloud, ask students to share what a positive self-talk statement or thought would be that they could use to stay positive when faced with difficult feelings or events.

1. When someone says something mean to me, I could tell myself \_\_\_\_\_
2. When I feel discouraged and want to give up, I will tell myself \_\_\_\_\_
3. When I feel like I'm not good enough, I can tell myself \_\_\_\_\_
4. When I feel embarrassed and want to run and hide, I will say \_\_\_\_\_
5. When I get frustrated, angry, and want to act out, I will say \_\_\_\_\_

### Three Steps to Practice Self-Talk

When you hear students' inner voice say something negative out loud, ask them to use the three steps to practice their positive self-talk skills.

- 1) Catch It
- 2) Stop It
- 3) Replace It