



## Self-Talk

### Materials:

- Worksheet

### Brainstorm

Have students make a list of things they like about themselves or things they are really good at on the worksheet. After a few moments, call on student volunteers to share a few of the listed items. Note that students may be reluctant to share at first, and you may wish to go first, modeling some of the things you are great at.

### Discuss

*You guys did a great job making a list of things that you like about yourself or that you are good at. But there are also things that we may wish we could be better at. We've talked about having a growth mindset before and about a strategy we can use to help us achieve success. Can you recall what it was?* If students don't respond with the visualization strategy, try to prompt them to come to that answer. *Today we're going to learn about another strategy that can help, called positive self-talk. Has anyone ever heard of positive self-talk?* Allow students to respond and confirm or correct as needed.

### Dive in!

Detail: **Positive self-talk** is purposefully replacing negative thoughts about yourself with positive ones that can increase your self-esteem and make you feel good about yourself. Let's look at an example. Ask if a student would share something they wish they were better at. If no one volunteers, consider using this example: *One thing I wish I were better at is saying no when I don't have time to do something or when I really don't want to do it. The negative self-talk I hear when this happens is: If I don't do this, the person won't want to be my friend anymore, or they might get mad at me. Instead, I can change the negative self-talk to positive self-talk and say to myself: My friend will understand that I don't have the time to do this right now. Or, I have the right not to want to take on that task right now because my feelings are important too. Now, I'd like you to take a look at the worksheet and fill out the chart in the middle of the page with something you'd like to be better at, identify an example of negative self-talk associated with that, and positive self-talk to replace it.* Assist students as needed while they complete the



## High School

task. Their responses should not be shared with the group. When done, have students complete the next activity.

### Activity

For this task, students can work independently, in pairs, or in groups. Have them read the scenarios on Worksheet 4 and answer the questions that follow. When students are finished with both scenarios, call on volunteers to share their responses.

### Reflect

To wrap up the lesson, ask students the reflection questions verbally: How do you feel about using the positive self-talk strategy? Can you see how it would be helpful for you?

### Extend and Enrich

Have students role play giving each other positive self-talk.

### Professional Development

Take 5 minutes and reflect on something that is an area of weakness or need for you. What would it look like to use positive self-talk as a strategy?

### For Further Study:

- ASCD: *Improving Achievement Through Self-Talk*:  
[http://www.ascd.org/publications/classroom\\_leadership/mar2001/Improving\\_Achievement\\_Through\\_Self-Talk.aspx](http://www.ascd.org/publications/classroom_leadership/mar2001/Improving_Achievement_Through_Self-Talk.aspx)
- Morningside Center: *Self-care: Self talk for Secondary School*  
[Self-Care: Self-Talk for Secondary School | Morningside Center for Teaching Social Responsibility](#)
- Positive Psychology: *What is Positive Self-Talk?*  
<https://positivepsychology.com/positive-self-talk/>