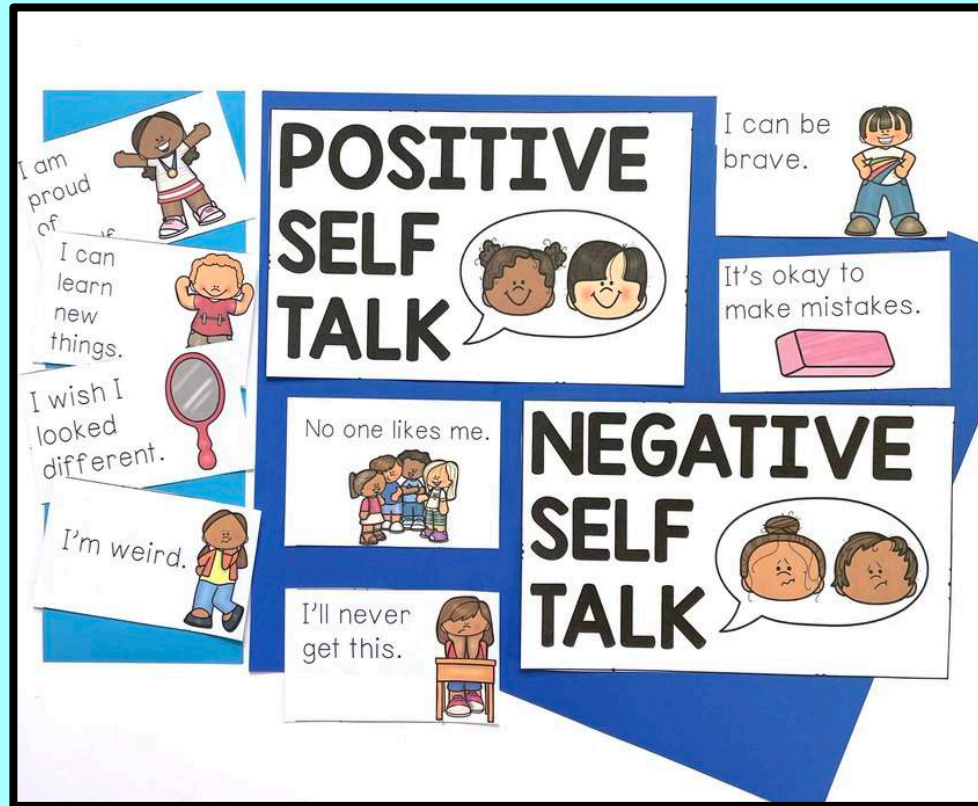
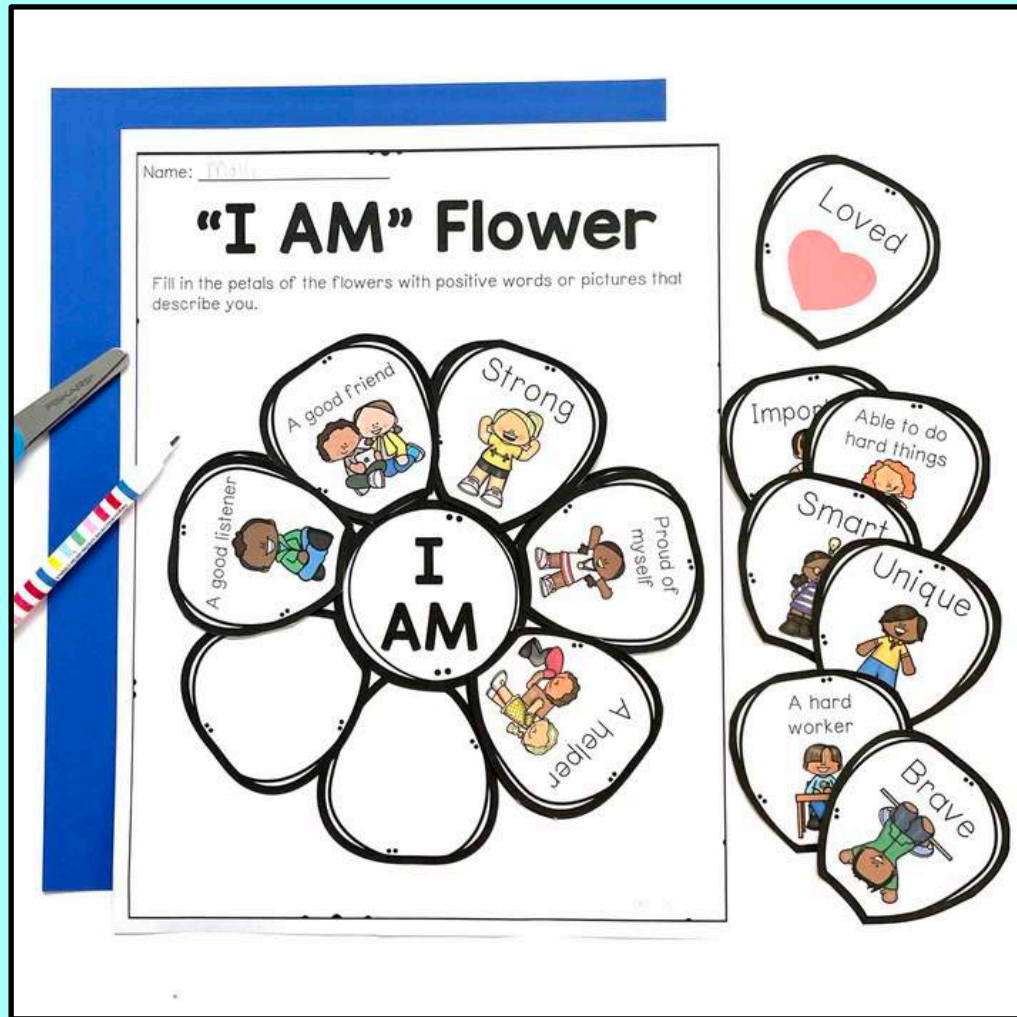


Positive Or Negative Self-Talk Sorting Activity



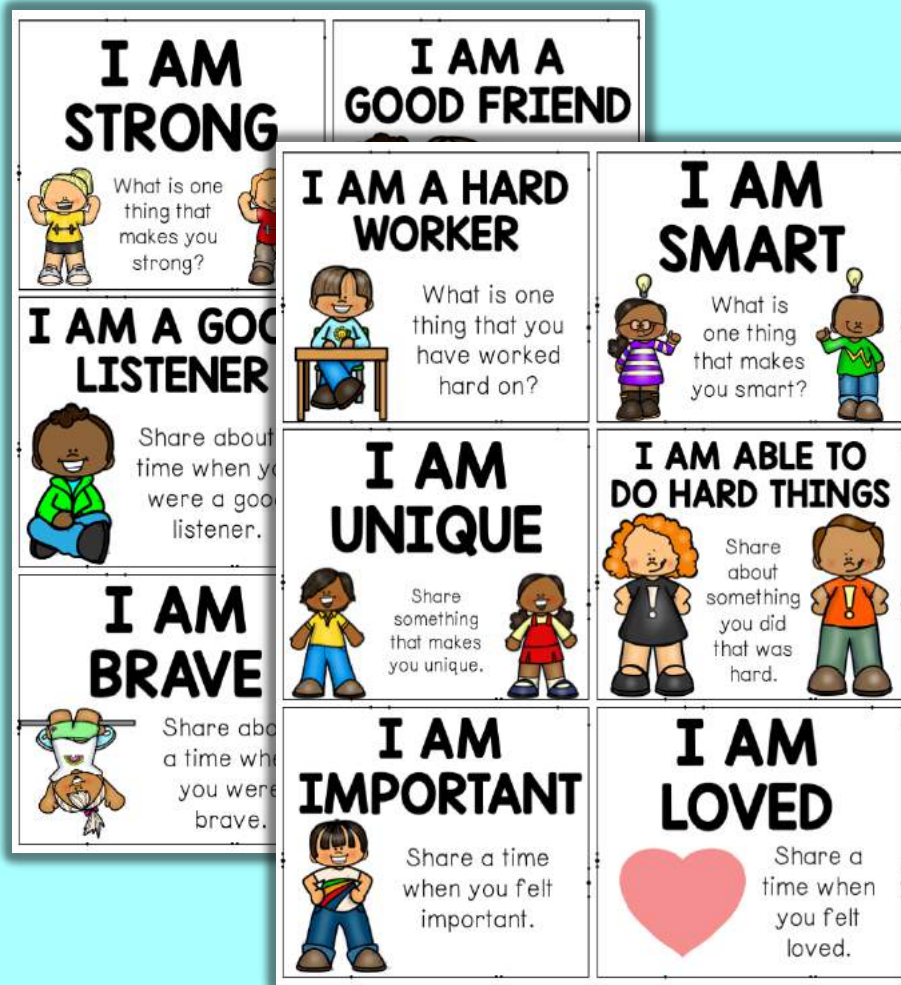
Students will look at 16 scenario cards and decide whether they are examples of positive self-talk or negative self-talk.

"I AM" Flower Craftivity



Students will create a flower craft with positive characteristics about themselves.

“I AM” Cards

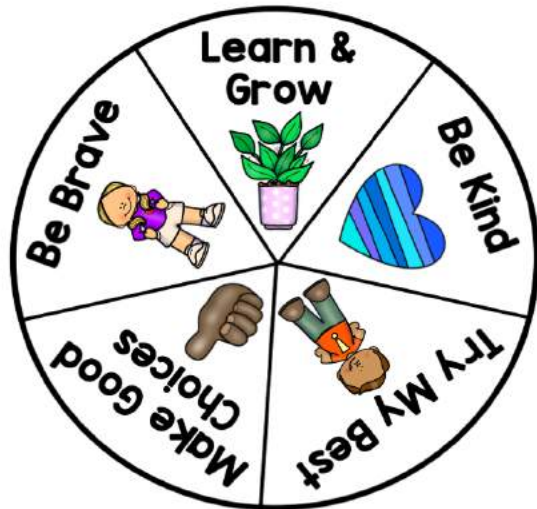


Use these positive affirmation cards to play a matching game, or as discussion cards. Kids will think about why each positive self-talk statement is true about them.

"I Can" Spinner

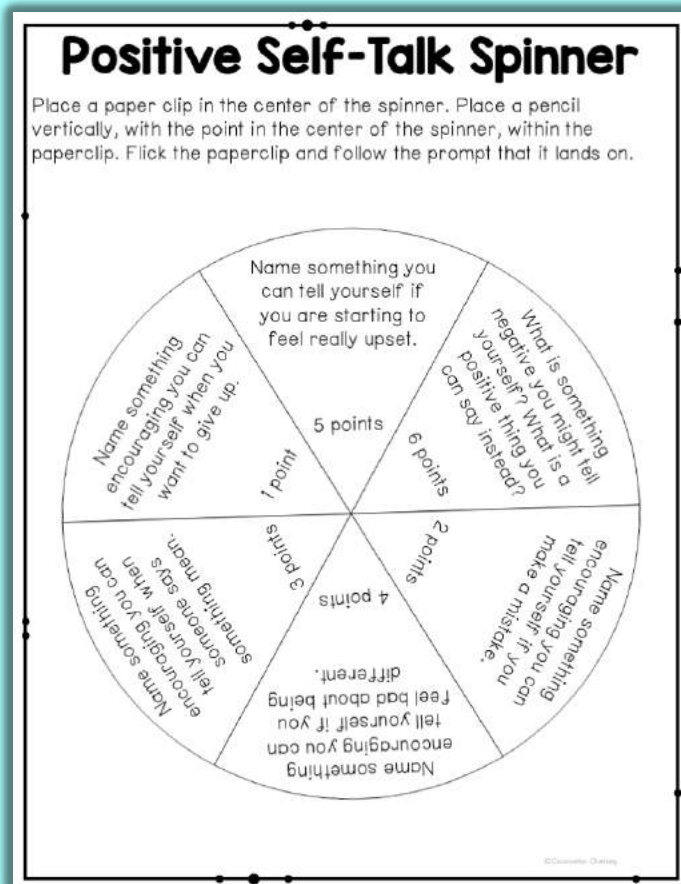
"I Can" Spinner Topper

"I Can" Spinner Base Sheet



Students will create a spinner as a visual reminder of the things they are capable of doing!

Positive Self-Talk Spinner Game



In this game, kids will take turns identifying positive self-talk statements that would be helpful in various scenarios.

Positive Affirmation Cards



These cards can be kept by students in a visible place, or given away to encourage others to believe in themselves!

What Others Are Saying...

“This was a great activity for my students to practice their positive self-talk. They loved the craft!”

–Tanya G.

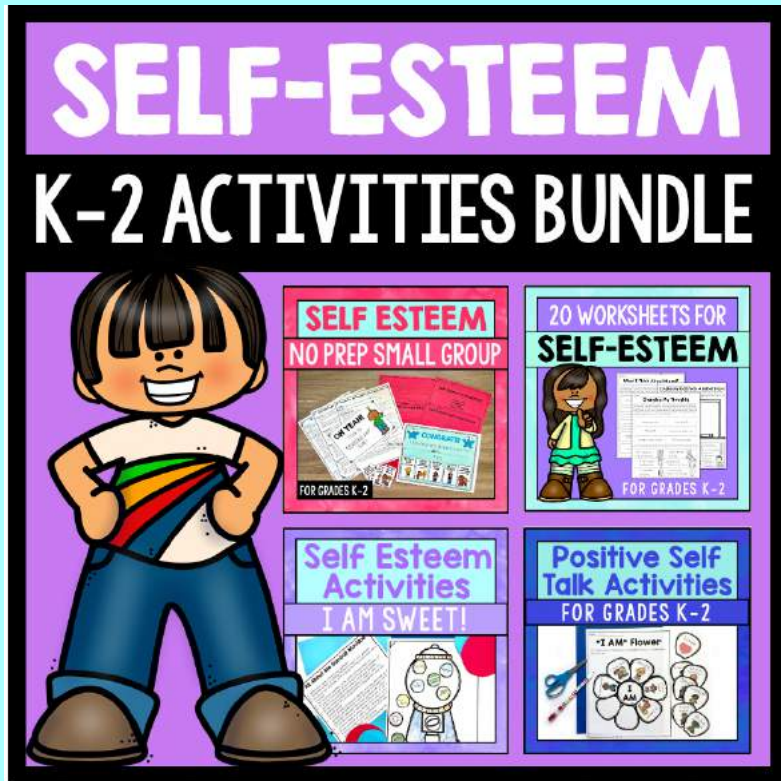
“This is a great resource. It was easy to use and really helped my students build self esteem.”

–LaSheika M.

“I used this resource in my girls small group. The girls enjoyed the craft and this activity allowed for good discussion while working on it. The girls loved the finished product!”

–Sandra A.

Teaching About Self-Esteem? Bundle And Save!



These activities are part of a bundle of resources that will help your K-2 students build confidence, cope with low-self esteem, and use strategies like positive self-talk.

[See The Bundle Here!](#)