

# What's An Interactive Notebook?

Interactive notebooks are a visually creative way to engage students in the learning and note taking process. Students will use visual graphics and graphic organizers to learn the material in an engaging way. While learning about the topic, students can use their own creativity to color, decorate and manipulate the materials in their notebooks to make the material more interesting and captivating.

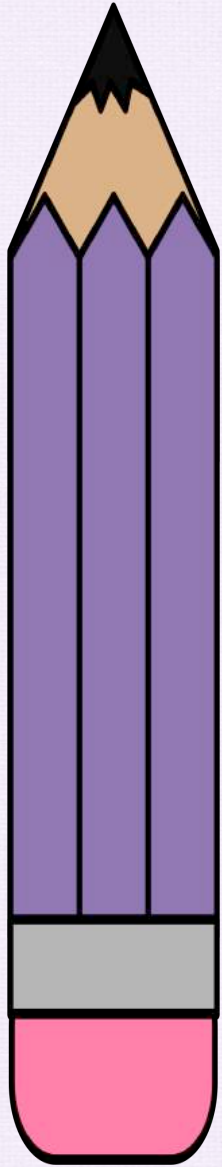
## How To Use:

These pages have multiple options for use.

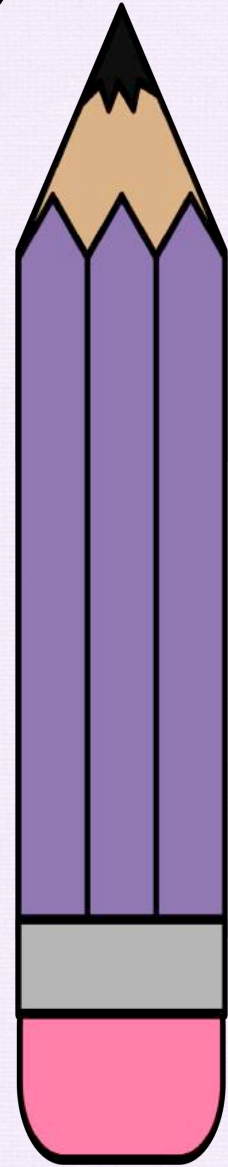
- They can be printed on colored paper, or students can color in the templates.
- They can be glued into an interactive notebook, or be glued onto a separate piece of paper.
- They can be used as a comprehensive unit, or as separate lessons.
- They can be used in individual, small group, or classroom counseling sessions.
- They can be used as stations in group lessons.

\*\*Please note that this resource is a zip file. The materials for each page are included in their own folder for easier use. Please make sure you know how to unzip a file before downloading this resource.

# Includes 8 pages!



1. All About Me
2. My Strengths
3. I Am Special
4. I Am Proud Of Who I Am
5. What Is Self Talk?
6. Replacing Negative Self Talk
7. When Other People Are Mean
8. Saying Sweet Things



# Includes complete template materials for each page

**My Strengths**  
Strengths are things that we are good at! We may be strong readers, or strong painters, or strong soccer players. We each have strengths, and it is important to celebrate these things that we are good at!

One strength I have at school is...  
One strength I have at home is...  
One strength I have in my hobbies is...

**Saying Sweet Things**  
Our words have the power to help other people feel great about themselves. When other people feel sad or mad, we can encourage them by saying kind things!

I can say...  
I can say...  
I can say...  
I can say...  
I can say...  
I can say...

**When Other People Are Mean**  
Sometimes we feel down about ourselves because other people say things to us that are not kind. It is important for us to know how to stand up for ourselves so that we can feel great about who we are!

|   |  |
|---|--|
| If someone says something mean about the way I... | If someone makes fun of me for my school work, I can tell them...  |
| ...   | If someone says something mean about my family, I can tell them... |
| ...   | If someone says I am weird, I can tell them...                     |

**I Am Important!**  
Sometimes it can be easy to forget about the things that make us great! It is important to remember that there are many reasons why we are valuable members of our communities!

One thing that makes me a good community member is...  
One thing that makes me a good friend is...  
One thing that makes me a good family member is...  
One thing that makes me a good classmate is...  
One thing that makes me a good student is...

**I Am Important!**

**What Is Self Talk?**  
When we feel sad, frustrated, or like we are not good enough, we can tell ourselves positive things to help us feel better. This is called positive self talk. We can be encouraged by reminding ourselves of the great things about us!

Self talk means...

An example of positive self talk is...

Positive self talk makes me feel...

An example of negative self talk is...

Negative self talk makes me feel...

# Includes photo and written directions for each page

### Directions for Double Doors Center Cut

1. Cut on the solid lines.
3. Dot glue on the back of the folded flaps.

### Directions for Flap Books

### Directions for Spinners

1. Cut out the spinner parts.
2. Line up the spinner parts.
4. Bend the parts of the brad.
6. Attach to a notebook.

### Directions for "Replacing Negative Self Talk"

**For Construction:**

1. Cut out the heading along the solid line and attach into an interactive notebook.
2. Cut out the 8 speech bubbles that say "I can say" and glue them into an interactive notebook.
3. Cut out the 8 speech bubbles from page 4.
4. Fold them along the dotted line. Place glue on the back of the speech bubbles, above the fold.
5. Attach these speech bubbles on top of the "I can say" speech bubbles. The "Instead of" speech bubbles should be able to be lifted up to reveal the "I can say" speech bubbles.
6. For more clarity, view the completed sample below, or the photo directions on page 3.

**For Use:**

1. Read each negative self talk speech bubble, and think about something positive you could tell yourself instead.
2. Lift up the flap and record your answer on the "I can say" speech bubble.

### Directions for "What Is Self Talk?"

**For Construction:**

1. Cut out the heading along the solid line and attach into an interactive notebook.
2. Cut out the flap back along the solid, outer line.
3. Cut the horizontal lines between the text to create flaps.
4. Place glue on the back of the template, to the left of the dotted line. Glue should not be placed on any of the flaps.
5. Attach into an interactive notebook or onto a separate piece of paper.
6. The template should be attached to the left of the dotted line, and the flaps should be able to be lifted up.
7. Respond to the prompts under each flap.
8. For more clarity, view the completed sample below, or the photo directions on page 3.

# Includes sample responses and photos of completed samples for each page

