

Use these low prep activities to help your students be kind and encouraging to themselves as they face challenges.



These activities are great for students who:

- Struggle with low self esteem
- Give up easily
- Become quickly frustrated with themselves
- Could benefit from positive thinking

POSITIVE SELF-TALK MATCHING PUZZLES



In this activity, students will look at a scenario and match it with the corresponding positive self talk statement.

What's Included:

- 18 Matching Puzzles

POSITIVE SELF-TALK LIFT-A-FLAP



In this activity, students will think about positive self-talk statements they can use in specific scenarios.

What's Included:

- Written & photo Directions
- Template
- Sample answers

“I AM” CRAFTIVITY



In this activity, students will think about the positive characteristics that describe them.

What's Included:

- Directions
- Template with 16 pre-populated triangles and 4 blank triangles

POSITIVE SELF-TALK ACCORDION PAGE

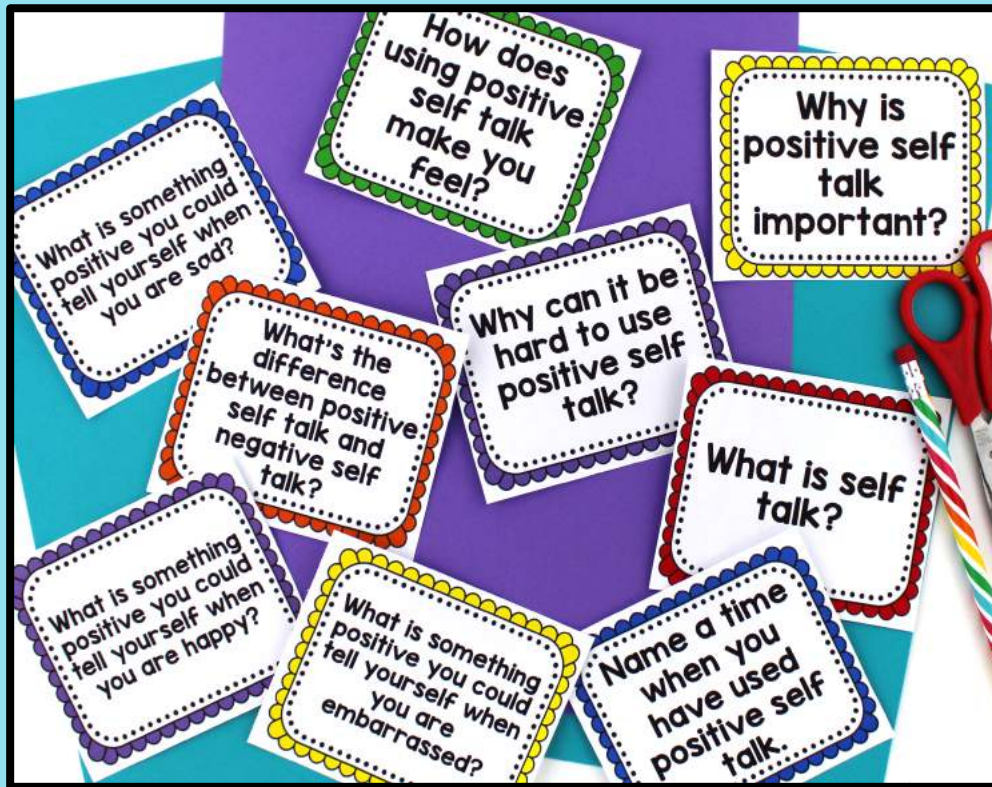


Students will identify what positive self talk is, why it is important, and when they can use it.

What's Included:

- Directions
- Template with 4 prompts

POSITIVE SELF-TALK TASK CARDS



Use these task cards to guide students in discussion about self esteem concepts.

What's Included:

- 18 task cards
- Sample answers

POSITIVE SELF-TALK CUT AND PASTE

Name: _____

Positive Self Talk Cut And Paste

We use self talk every day. It is important to tell ourselves things that are positive and encouraging. Positive self talk helps us to keep trying and remind tells us that we're not. Look at the self talk examples of negative self talk and paste them in.

I can do this.

I can't ever do it right.

I can stay calm and control of my actions.

I'll never learn how to do this.

I wish I didn't have different than my friends.

Everyone makes mistakes. I can do better next time.

Name: _____

Positive Self Talk Cut And Paste

Examples of POSITIVE Self Talk

Examples of NEGATIVE Self Talk

Students will look at various statements and decide whether they are examples of positive self talk or negative self talk.

What's Included:

- Cut and paste activity with 12 scenarios

GOOGLE SLIDES

All activities are also included in a Google Slides format to help educators doing distance learning or who are looking to incorporate technology into their lessons.

Positive Self Talk Matching Puzzles

| | | | |
|---|--|--|---|
| You feel frustrated because you can't figure out a math problem on your homework. | Someone made a mean comment about the shirt you were wearing. | "Sometimes things don't work out how I want. I can practice more and try out for the next play." | "I can work hard and finish my work. Next time I can get my work done in school." |
| You got an answer wrong in class and feel embarrassed. | You are mad because you have to stay after school to finish your work. | "I like what I am wearing, and that is what matters." | "Everyone makes mistakes. It's part of learning! I can try again another time!" |
| You didn't get picked to be in the school play. | Your friend uninvited you to her birthday party. | "I can do it! I will try a different way, and I can get it done!" | "I don't deserve to be treated poorly. I will find friends who are kind to me." |

I CAN SEND MYSELF POSITIVE MESSAGES

| | |
|---|------------------------------------|
| When I feel frustrated, | When I feel disappointed, |
| When I feel like I'm not good enough, | When I feel embarrassed, |
| When someone says something mean about me, | When I feel discouraged, |
| When I feel nervous, | When I feel like giving up, |

WHAT OTHERS ARE SAYING...

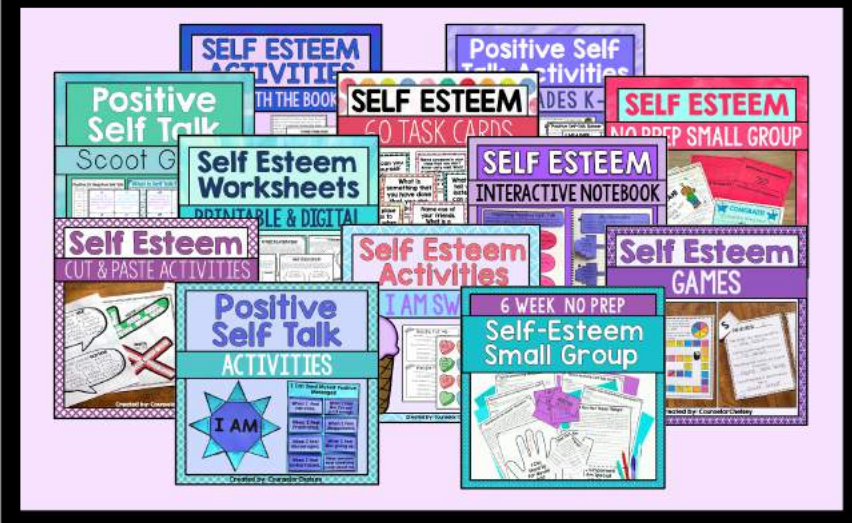
“Used this with two emotional regulation groups and they loved it! They got to be creative and make a great visual for themselves. Great product!” –Emily A.

“A great set of tasks to use when teaching self-esteem and self-talk. Really easy to pick up and use. Thanks! Will definitely be used for many years to come.”
– Sally K.

“A good activity to develop an awareness of self talk, and develop a bank of positive mantras relevant to each student.” – Abra G.

Teaching About Self-Esteem? Bundle And Save!

Self Esteem & Positive Self Talk ACTIVITIES BUNDLE



These activities are part of a bundle of 12 resources that will help students build confidence, cope with low-self esteem, and use strategies like positive self-talk.

See The Bundle Here!