

Scenarios About Positive Self-Talk 1

Positive self-talk is all about being kind to yourself and believing in your ability. People who talk positively to themselves are more likely to have higher self-esteem and higher levels of confidence. A good level of self-esteem and confidence will help you deal with difficult situations and be more resilient.

This is a diary extract from Jess. She is 10 years old and is in year 5.

Jess writes in her diary every night. Can you read the diary and then underline the words or phrases that show she is talking negatively to herself? Once you have done that, re-write the diary so that she only uses positive self-talk. An example of this would be:

If Jess wrote, 'I cannot get my maths homework correct', it would be negative self-talk so you might change it to, 'I can do my maths homework. I just need to keep trying!'

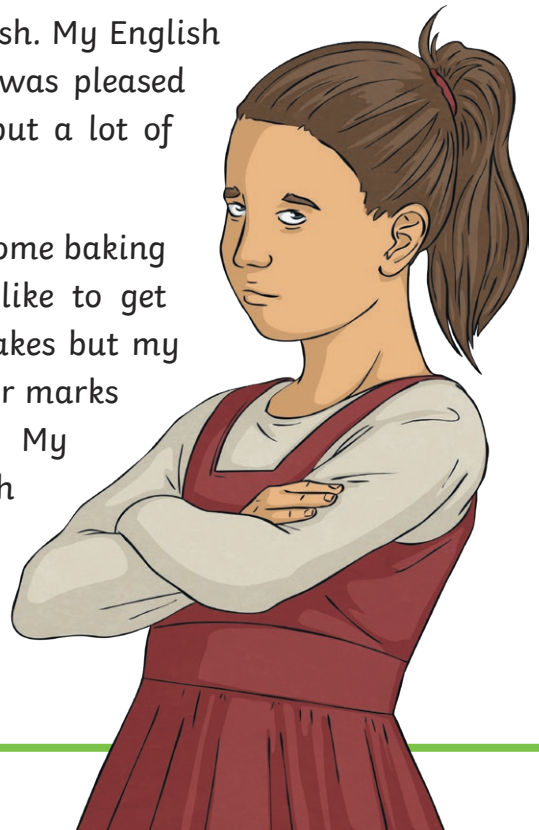
Jess' Diary Extract:

Today has been tough. I had a lot of school work to do and I couldn't understand the maths that my teacher gave us. I tried to do it but I gave up in the end. I am rubbish at maths and I don't think I will get any better. I didn't want to ask for help from my teacher because I didn't want her to know I was struggling.

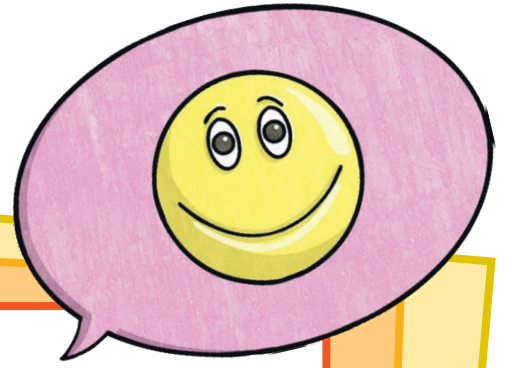
I left the maths work and moved on to English. My English was OK and my teacher said I did well. I was pleased with this because I tried really hard and put a lot of effort into it.

When I had finished my school work, I did some baking with my mum. I love baking and would like to get really good at it. I baked biscuits and cupcakes but my decoration was not good. My icing had finger marks in and the sprinkles just would not stick. My mum and dad said they were great though and tasted fantastic.

I enjoyed a walk outside and then read my book in bed. I hope my teacher does not set any maths work tomorrow!



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Jess' Positive Self-Talk Diary Extract:

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