

Positive Self-Talk - Levels C & D

WRITTEN

To build confidence and resilience by teaching students to use positive words and affirmations that help them feel strong, proud, and motivated, especially during challenges.



Learning Intentions

Recognise positive words:



Students aim to notice words that make them feel happy, strong, and proud.

Practise self-talk:

Students aim to say positive words to themselves to feel more confident.

Use affirmations in challenges:

Students aim to remember and use one positive affirmation to themselves when something feels hard or overwhelming.



Success Criteria

I can choose or copy three positive words or phrases to say to myself.



I can share how these words make me feel.

I can practise saying my positive self-talk during the activity.



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Duration: 10 minutes

Objective

To build confidence and resilience by teaching students to use positive words and affirmations that help them feel strong, proud, and motivated, especially during challenges.

Players

- Individual reflection, pairs, or whole class activity.

Materials

- Paper or card
- Pencils, markers, or coloured pencils
- Optional: large display to create a **Positive Self-Talk Wall**

Setup

- Provide each student with paper or a card.
- Explain that positive self-talk means saying kind and strong words to ourselves, just like a friend would.
- Model a few examples (e.g., "I am strong," "I can try my best," "I am a good friend").

Gameplay / Activity Steps

1. Choose Positive Words

- Students choose or copy three positive phrases (with words, pictures, or symbols).
- Example affirmations:
 - "I am strong."
 - "I can do it."
 - "I am kind."

2. Write or Draw

- Students write the phrases or draw pictures to match their positive self-talk.

3. Practise Saying Them

- Students practise saying their affirmations out loud, quietly to themselves, or with a partner.
- Encourage actions (e.g., superhero pose, thumbs up, smile) to go with their words.

4. Use in Situations

- Teacher prompts: "When could you say your positive words? When something is challenging? When you feel sad? When you want to try something new?"



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Reflection Prompts

- "How did it feel to say your positive words?"
- "Which positive word is your favourite?"
- "When can you use these words tomorrow?"

Winning the Game

There are no winners. The success is when students practise and remember their positive words and feel more confident using them.

Variations

- **Classroom Edition:** Create a "Positive Self-Talk Wall" where each student adds their favourite affirmation.
- **Family Edition:** Families can share affirmations together at home and encourage each other with positive words.

For Wheelchair Users / Accessibility

- Students may point to affirmations on cards, use AAC devices, or say them with gestures (thumbs up, smile).
- Ensure visual affirmations (symbols, emojis, pictures) are available for non-verbal participation.

Notes for Inclusion

- Accept words, drawings, gestures, or AAC responses as affirmations.
- Provide sentence starters: "I am...," "I can...," "I will..."
- Encourage respectful listening and celebrating each other's positive self-talk.
- Make affirmations visible daily in class to reinforce use (on walls, boards, or journals).

