

Positive Self-Talk

Grade Three & Four



To promote positive thinking and self-esteem by encouraging students to use affirmations and positive self-talk to strengthen their confidence and motivation.



Learning Intentions

I can recognise the power of positive words and their impact on my emotions:

This encourages students to understand how positive self-talk can affect their mindset and help them feel more confident and empowered.

I can identify positive affirmations that support my self-esteem:

This helps students practice self-reflection and recognise the strengths and qualities they value in themselves.

I can use positive self-talk to motivate myself when facing challenges:

This promotes resilience and self-motivation by encouraging students to use positive affirmations in difficult situations.



Success Criteria

I can write down three positive things I can say to myself when I'm feeling unsure or down:

This ensures students engage with the process of identifying affirmations that will help them maintain a positive mindset.

I can reflect on how positive self-talk helps me feel more confident and motivated:

This encourages students to think about the emotional benefits of using positive language and how it can boost their self-esteem.

I can apply positive self-talk in situations where I need motivation or confidence:

This promotes practical use of affirmations, encouraging students to apply them when facing challenges or self-doubt.



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Objective:

To promote positive thinking and self-esteem by encouraging students to use affirmations and positive self-talk to strengthen their confidence and motivation.

Players:

Ideal for individual reflection, small groups, or classrooms.

Materials:

- Paper
- Pen or pencil

Setup:

Provide each student with a piece of paper and a writing instrument. Encourage a quiet, reflective space where students can focus on their thoughts and write affirmations.

Activity:

1. Write Down Three Positive Affirmations:

Ask students to write down three positive things they can say to themselves when they're feeling unsure or down. These affirmations could include phrases like "I am strong," "I can do this," or "I am proud of myself."

2. Reflect on the Power of Positive Words:

After writing down their affirmations, encourage students to think about how these positive words make them feel. Ask them to reflect on how affirmations can help boost their confidence and motivation.

3. Identify When to Use These Words:

Ask students to think of a situation in their day where they could use their affirmations to help them feel more confident or motivated. This could be before a test, during a challenging task, or when they need to calm down.

Reflection Prompt:

- How do these positive words help you feel more confident?
- When will you use these words to motivate yourself?
- How can you remind yourself to use positive self-talk during tough moments?



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Winning the Game:

There is no winner in this activity. The goal is to reflect on the power of positive self-talk, identify affirmations that can help boost confidence, and practice using them in real-life situations.

Family or Modified Variation:

In a group setting, students can share their positive affirmations with each other. This helps create a supportive environment where students encourage each other and reinforce positive thinking. You can also create a "Positive Self-Talk Wall" where each student adds their favourite affirmation to inspire others.

Additional Notes:

Positive Self-Talk encourages children to recognise the impact their words can have on their self-esteem and mindset. By using affirmations, students develop a greater sense of confidence and resilience. This activity not only boosts self-esteem but also teaches children the value of speaking kindly to themselves, fostering a positive and supportive environment where everyone feels encouraged to be their best self.

