

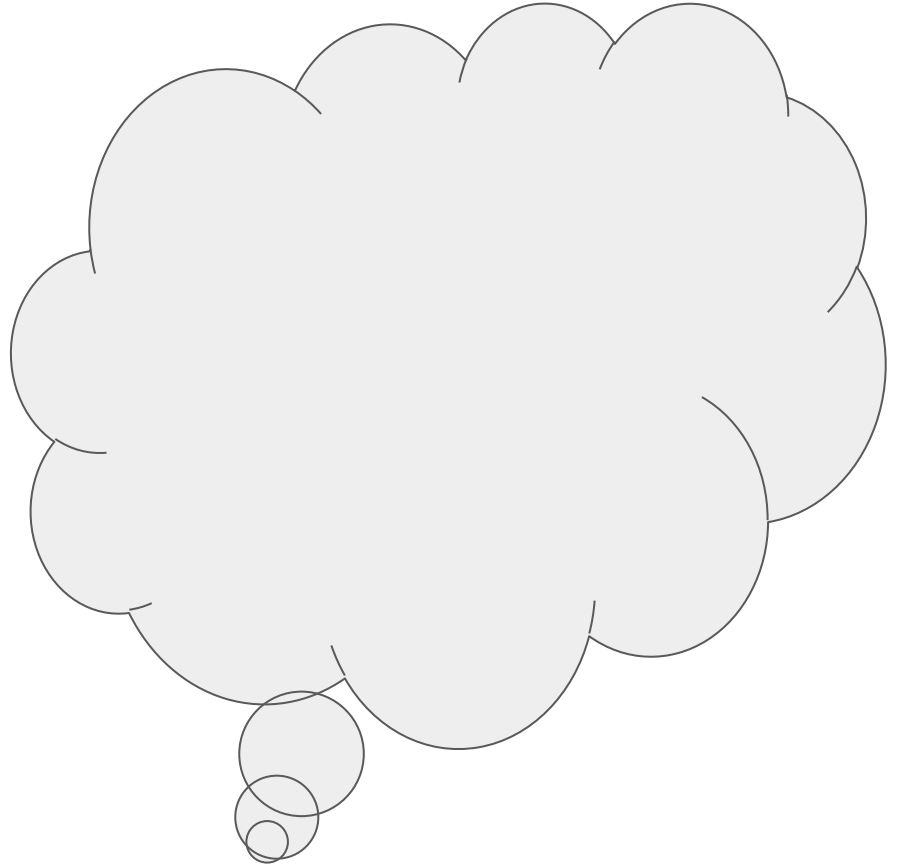
Self-Talk Scenarios

After discussing positive affirmations and the power they have over helping us control our emotions, distribute these Self-Talk Scenario cards to students. Ask them to read the scenario on their card and write down an affirmation that the individual can say to themselves in their minds to reassure themselves.

(*Teacher Tip: These slides can be printed, laminated, and reused with dry-erase markers. Students can also insert their affirmations directly in the thought bubble.)

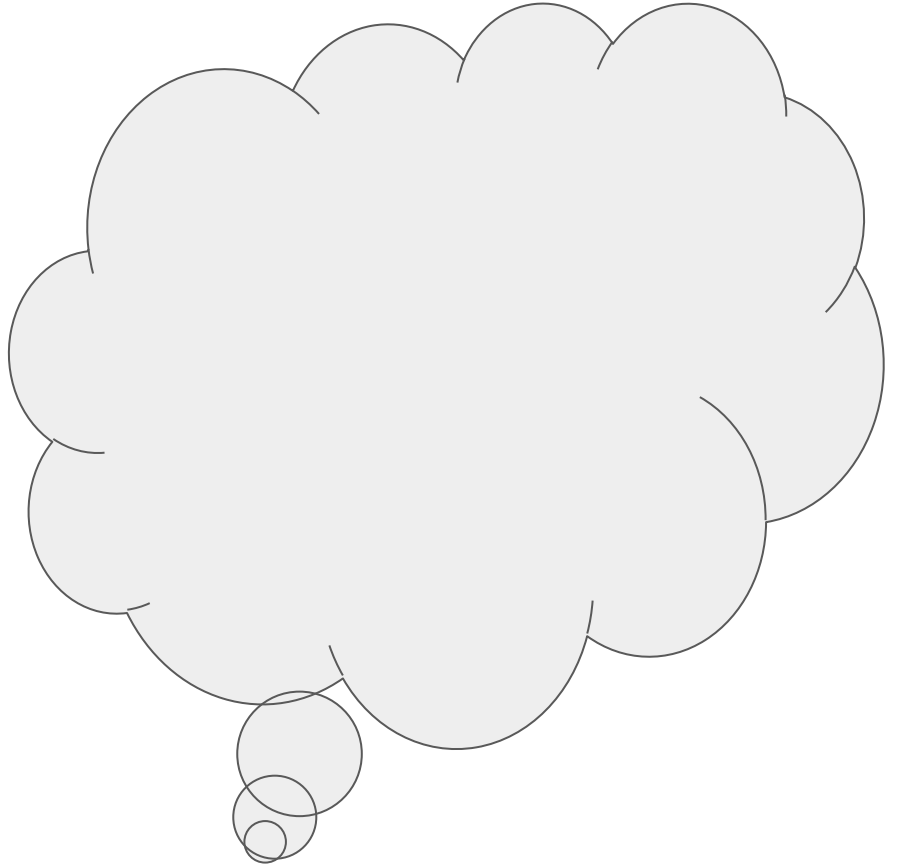
Luke loves to draw. He entered his favorite drawing into his school's art contest, but when the results were announced, he didn't win.

What can he say to himself?



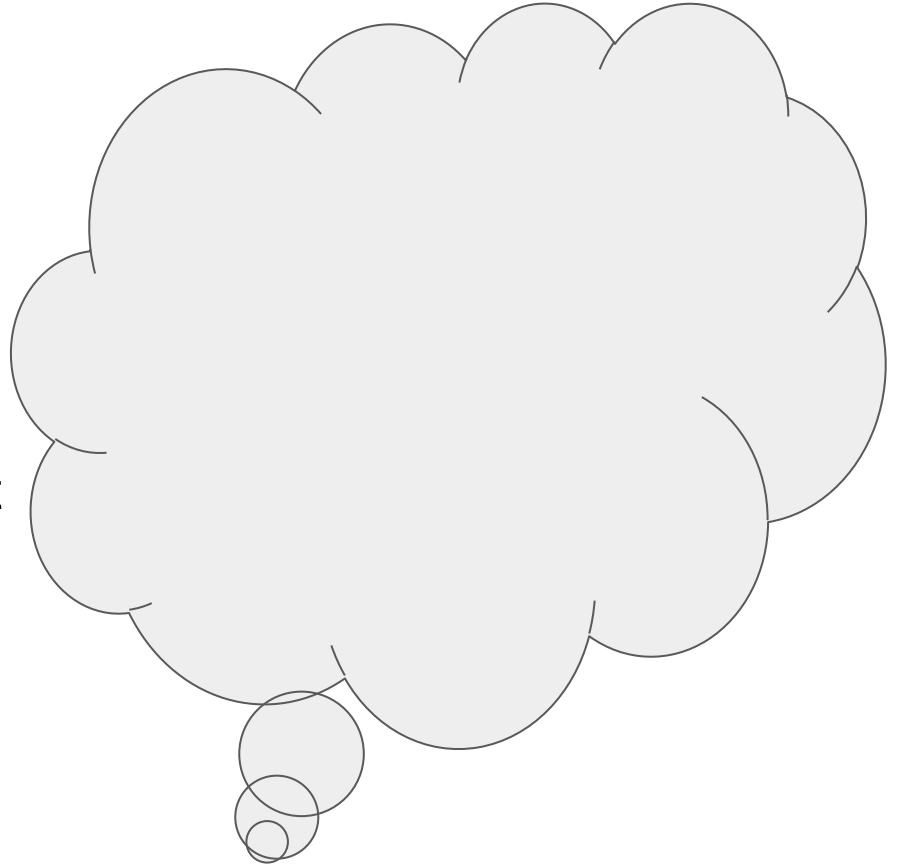
Jack just moved to a new town and it's his first day at his new school. He sees a group of kids playing tag at recess and wants to join them, but is afraid that they won't like him.

What can he say to himself?



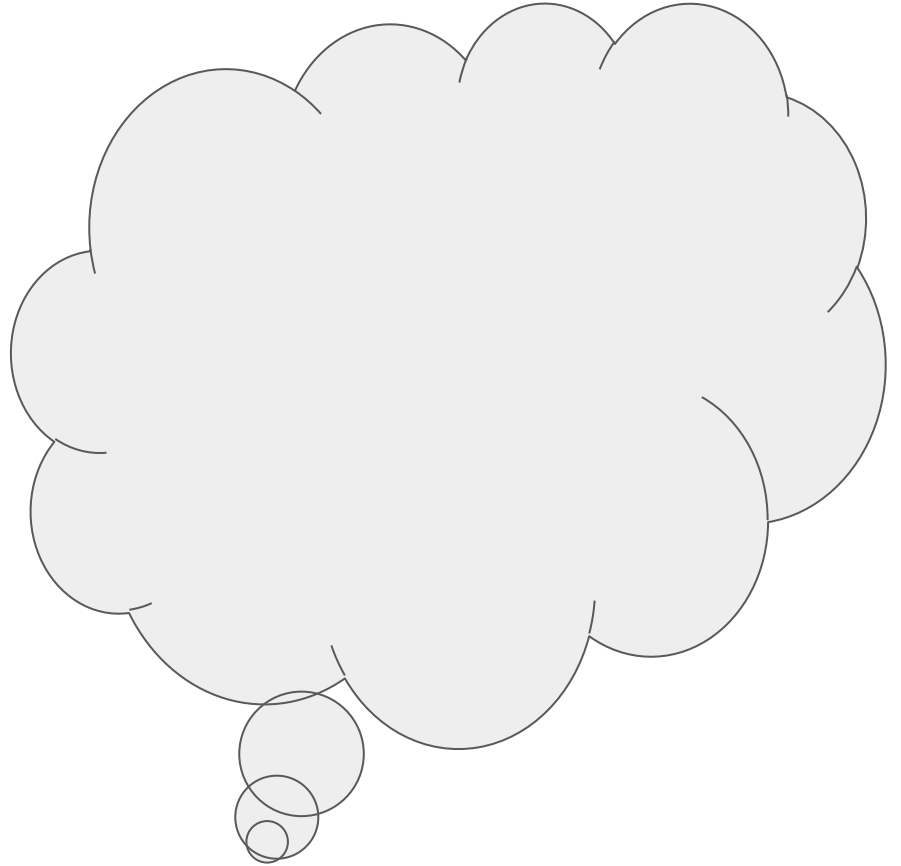
Madison watches her classmates play on the monkey bars at recess every day. She thinks it looks like a lot of fun, but she's never tried it and she's scared to attempt it for the first time.

What can she say to herself?



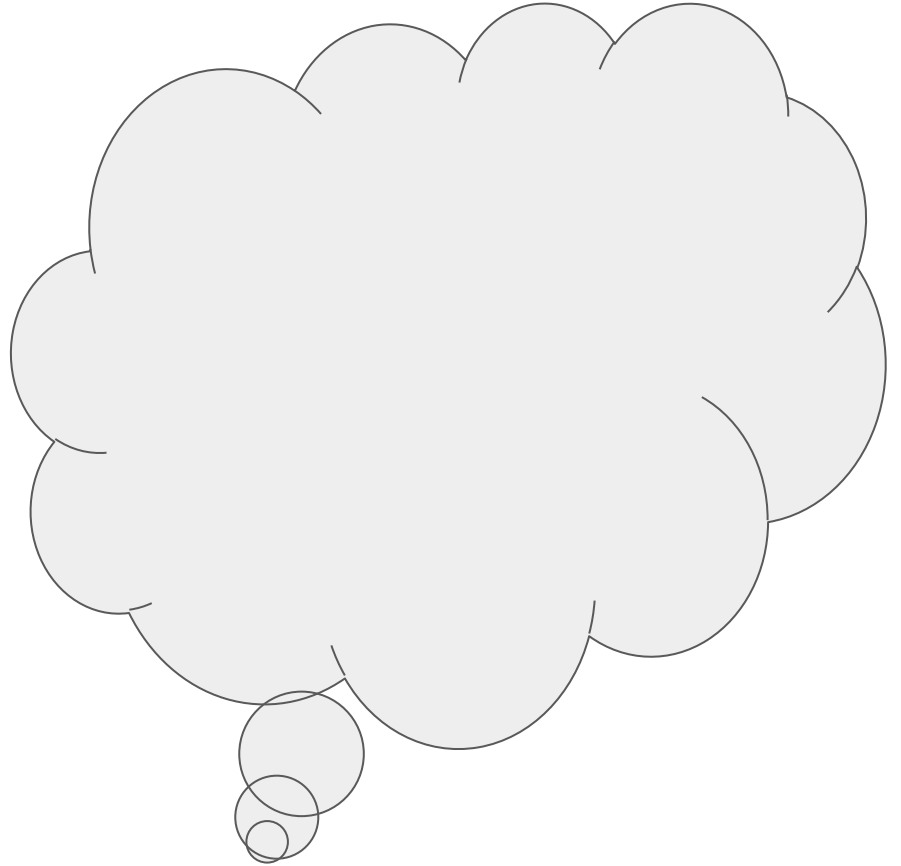
Joseph was looking forward to playing in his soccer game all week long. Finally, when he played in the game on Saturday, his team lost.

What can he say to himself?



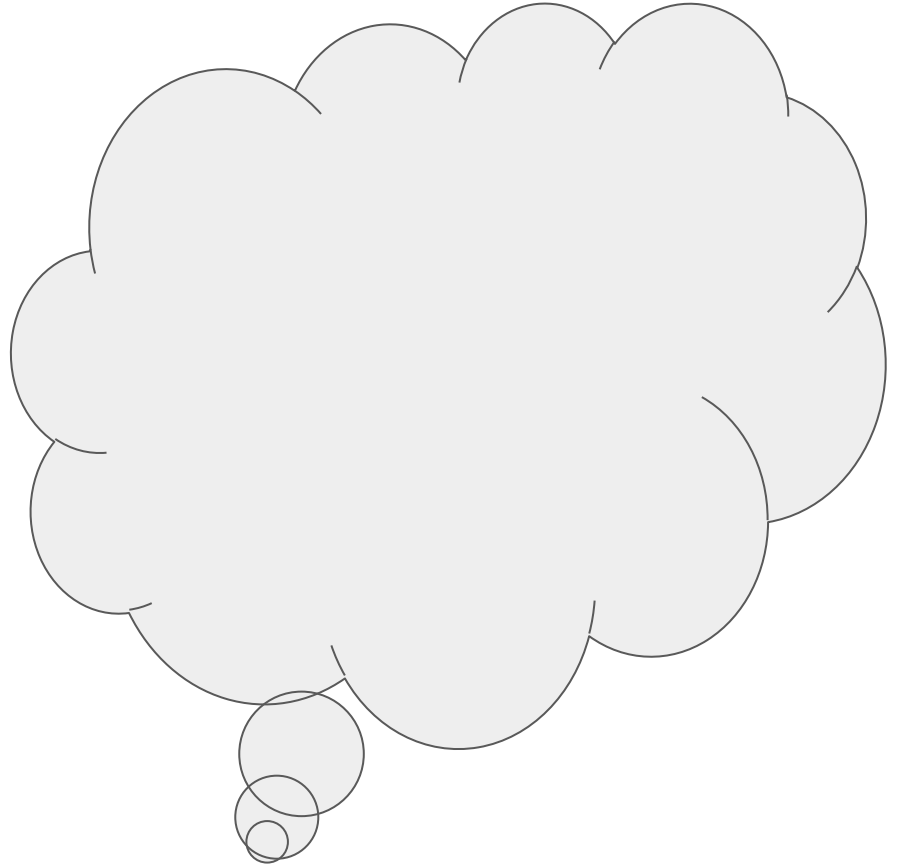
Charlotte studied her spelling words for the weekly test, but when she got her grade back, she had failed.

What can she say to herself?



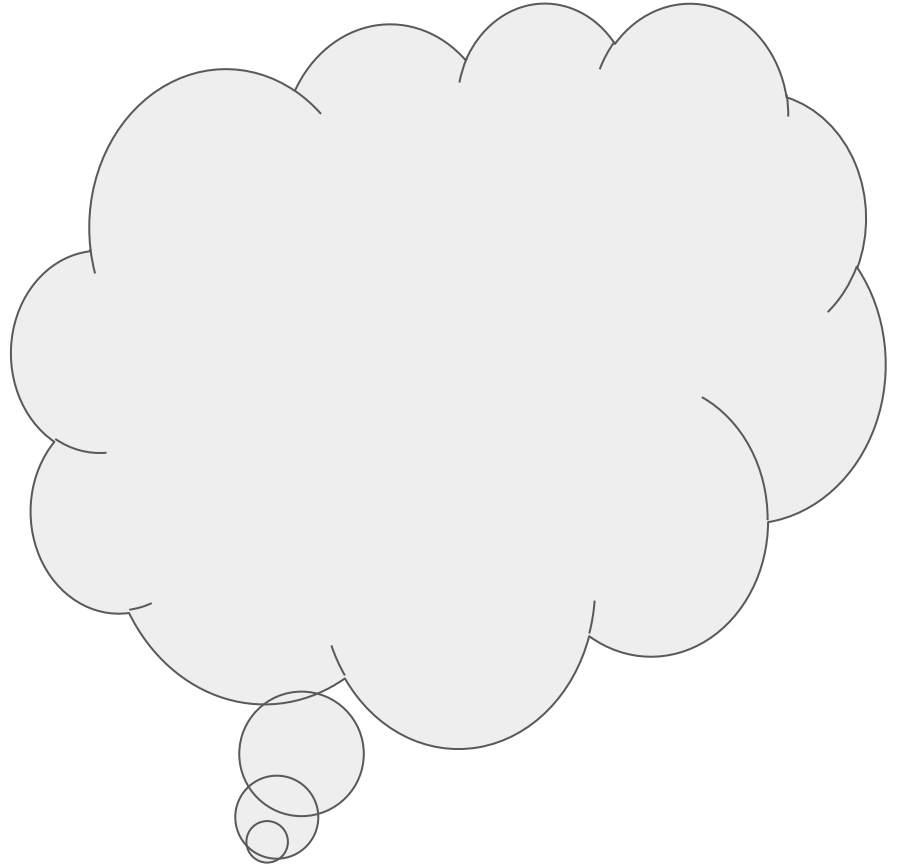
Michelle got a new haircut the day before picture day, but when she looked in the mirror, she saw that it did not come out the way she hoped it would.

What can she say to herself?



During math class, Oliver did his best to focus and concentrate on what his teacher was saying, but at the end of the lesson, he felt very confused and did not understand how to solve the problems.

What can he say to himself?



During recess, Krystal sees her friends using the hula hoop and it looks like they're having a lot of fun. She picks one up and gives it a try. After several tries, Krystal still can't get the hang of it and the hoop keeps falling down.

What can she say to herself?

