



# CANADIAN CUDDLES



## Negative Inner Voice Worksheet

### TEACHER GUIDANCE SHEET

#### Required Material:

- ▶ The Negative Inner Voice worksheet
- ▶ Pens / Pencils

#### L.O:

- ▶ To understand what our inner voice is.
- ▶ To visualise my negative inner voice so I can confront it.

#### STARTING ACTIVITY (5mins)

**GROUP DISCUSSION** – As a group discuss the meaning of a negative inner voice and if comfortable share the last time we heard our own negative inner voice.

#### MAIN TEACHING (10mins)

Leading on from the Group Discussion tell the children that almost everyone hears a negative inner voice every now and then.

This inner voice can sometimes be helpful, keeping us safe and even motivating us, but sometimes it can be more negative and critical. Listening to the negative inner voice too much can mean we don't do things we might want to do, or don't put our all into something and maybe just give up entirely.

Tell them that recognising our inner voice, the negative and positive, can help us to take more control and not let it have a negative influence on us.

#### MAIN TASK - (15mins)

One way in which we can acknowledge and embrace our inner voice is by giving it a name or even a face. To take this one step further we could even give the positive and negative inner voices different names or faces.

Tell the children that using the template below they are going to design what they think their negative inner voice may look like, so the next time they are hearing it too much they can confront it and help their inner voice become more positive.

#### PLENARY (2mins)

**GROUP DISCUSSION** – Ask for volunteers to share their negative inner voice portrait and explain why they think it looks like that.

#### DID YOU KNOW!

Canada is the second largest country in the world (after Russia) and has the longest coastline in the world at over 125,500 miles. If you tried to walk the entire length of the coastline without stopping it would take you four and a half years.



# CANADIAN CUDDLES



## Negative Inner Voice Worksheet

CHILDREN'S SHEET

One way in which we can embrace our inner voice is by giving it a name or even a face. To take this one step further we could even give the positive and negative inner voices different names or faces.

Using the template below design what you think your negative inner voice may look like, so the next time you hear it too much you can confront it and help your inner voice become more positive.

### MY NEGATIVE INNER VOICE

