



## Lesson Fourteen

### Cross-Curricular Activities and Resources:

- 1. Math: Self-Talk Sorting & Graphing-** Begin by giving students example statements on small cards (e.g., “I’m not good at this” or “I’ll work on it again tomorrow”). Students sort them into positive and negative self-talk categories. Then, graph the number of power-up (positive) vs. power-down (negative) phrases they found. Discuss which type of self-talk supports confidence—and how they can “upgrade” a negative statement into a positive one.
- 2. Science: Brain Power Boost-** Teach students that positive self-talk can support brain function by reducing stress. Use a simple brain diagram (e.g., the prefrontal cortex helps us think clearly; the amygdala responds to stress). Do a mini “brain check-in”: After saying positive self-talk, ask how their brain and body feel. Relate this to how athletes, scientists, and explorers use mindset and self-talk to achieve goals.
- 3. Social Studies: Historical Heroes' Inner Voices-** Introduce a few historical or cultural figures who overcame challenges (e.g., Rosa Parks, Wilma Rudolph, César Chávez). Discuss what their inner voice might have said to help them persevere. Invite students to write or say one “power-up” phrase that person might have used, and one they themselves can use when something feels difficult. Celebrate the strength that comes from resilience and positive identity.
- 4. Language Arts: “I Am” Confidence Poem-** Invite students to write an “I Am” poem using positive self-talk. Provide a template such as: I am brave when... I can do hard things like... I am a good friend because... I am proud of... Encourage illustrations. Optional: Create a class book titled “Our Inner Voices” to display or send home.
- 5. Physical Education: Power-Up Relay-** Set up a relay race where students pause at each station and say a positive phrase out loud (e.g., “I keep working hard!” “I’ve got this!”). After completing the relay, lead a cool-down with breathing and ask: “How did it feel to move while using encouraging self-talk?” Reinforce the mind-body connection and how physical activity + kind thoughts = confidence.