

Summary of Lesson Fourteen

In this lesson, students explore the concept of self-talk and how the words we say to ourselves can impact our emotions, confidence, and actions. They learn that positive self-talk—such as saying, “I can do it” or “I am a good friend”—can help us feel strong, calm, and ready to keep going, especially when something is hard. Through games, story discussion, and a mirror reflection activity, students practice identifying kind thoughts and using them to support themselves.

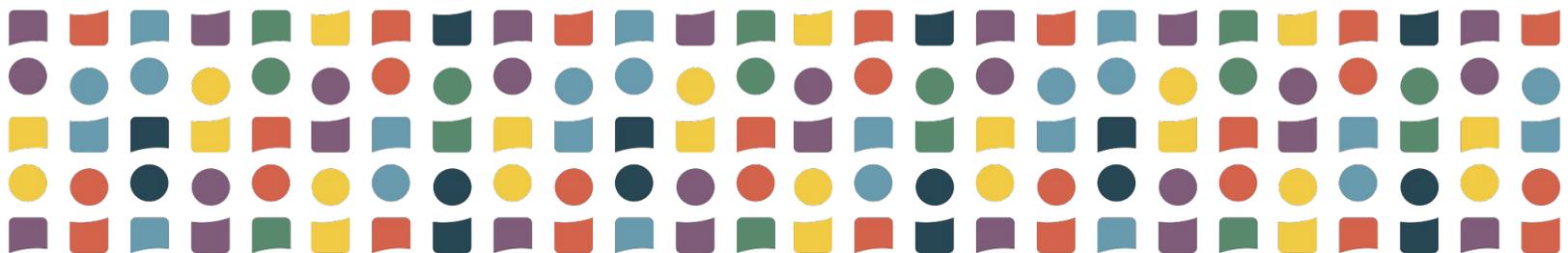
At Home Practice: Kind Thoughts

Materials Needed:

- A quiet and comfortable space to work together
- A journal or notebook for reflection (optional)

Activity Instructions:

- Explain to your child what kind self-talk is and why it is important. Use simple language:
 - "Kind self-talk means saying nice things to yourself, just like you would say nice things to a friend. It helps you feel happy and confident."



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Discussion on Feelings:

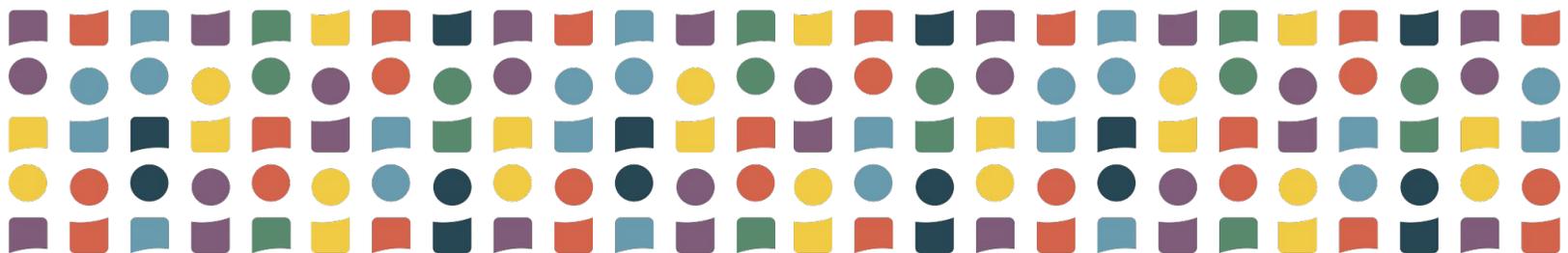
- Start a discussion about how different words make us feel.
 - "How do you feel when someone says you did a great job?"
 - "How do you feel when someone says something not so nice?"
- Explain that the way we talk to ourselves inside our minds can make us feel the same way.

Identifying Kind Words:

- Together, brainstorm a list of kind words and phrases that make you feel good. Write them down if you have a journal or notebook.
 - Examples: "I am strong," "I am a good friend," "I can do hard things," "I am kind," "I am creative."
- Encourage your child to come up with their own kind phrases about themselves.

Practicing Kind Self-Talk:

- Sit together in a quiet space.
- Take turns saying the kind words and phrases from your list out loud. Reflect on how these words make you feel.
 - "When I say 'I am strong,' I feel proud and happy. How do you feel when you say kind words to yourself?"
- Encourage each other to think about what makes you special and unique. Share these positive affirmations with each other.



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Daily Affirmations:

- Encourage your child to practice saying kind things to themselves every day. This can be part of your daily routine, like during breakfast or before bed.
- Model kind self-talk by sharing your own affirmations regularly.
 - "Today, I am proud of myself for being patient and kind."

Reflection:

- Reflect together on how it feels to say kind things about yourselves. Use a journal or notebook if desired.
- Ask reflective questions to each other:
 - "How do you feel after saying kind things to yourself?"
 - "What was your favorite affirmation and why?"
 - "How do you think kind self-talk can help us when we're feeling sad or frustrated?"

Weekly Check-In:

- Set aside a regular time each week to reflect on your kind self-talk practice.
- Discuss any new positive affirmations you've thought of and how practicing kind self-talk has made you feel.
- Celebrate your efforts and progress together.