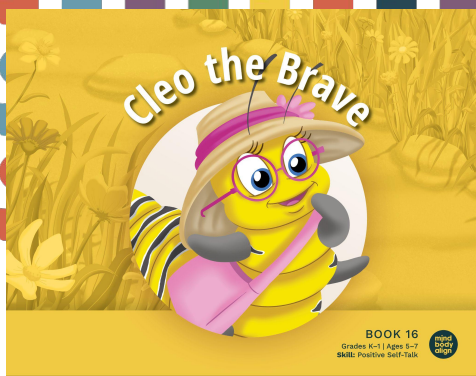




Lesson Sixteen

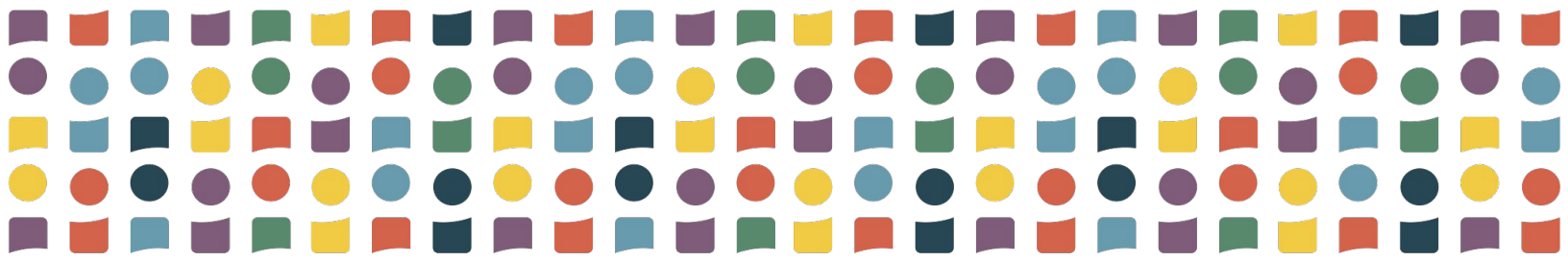
In this lesson, students learn how to use positive self-talk to support themselves during moments of nervousness or change. Through a story about Cleo the caterpillar, students explore how kind words—both from friends and from within—can help them feel brave, strong, and calm when facing something new. An interactive song encourages children to practice phrases like “I can!” and “I’ve got this!” to build confidence.

At Home Practice: 🤪 Superhero Self-Talk

Tell your student that they will practice positive self-talk by pretending to be a superhero! Remind your student that superheroes use powerful, kind words.

How to Play:

1. **Make Your Superhero Mask!** – Have your student color and cut out the mask. Punch out the hole on each end and tie a string or yarn through the holes. This will hold the mask on.
2. **Put on Your Superhero Costume!** – Give your student a small cape, scarf, or towel to wear for their superhero costume, or have them pretend there is a cape fluttering behind them!
3. **Transform into a Superhero!** – Have your student pick a Superhero Name such as “Brave Bella,” “Mighty Max,” or “Amazing Ari.”



At Home Practice: Superhero Self-Talk cont.

4. **Strike a Power Pose!** – Invite your student to stand tall, with their hands on their hips, and take a deep superhero breath.
5. **Say Your Superpower Words!** – Invite your student to choose a positive self-talk phrase and say it out loud like a superhero! If needed, provide them with some examples, such as:
 - a. ☒ I am strong!
 - b. ☒ I can do hard things!
 - c. ☒ I believe in me!
6. **Superhero Mission!** – Ask your student when would be a good time to use their superhero words. If they are stumped, suggest they could use their superhero words when they are trying something new or when they are facing a challenge.

After you and your student have played Superhero Self-Talk, ask them these questions to help them reflect on the value of positive self-talk:

How do superhero words make us feel?
How can we use them every day?

