

## ***Positive self-talk***

### ***Teachers' notes***

#### **Outcome**

Apply positive self-talk as a means of developing self-confidence.

#### **Rationale**

An important strategy for success is to develop an understanding of the way that our attitudes and thoughts influence – for better or worse – our feelings and behaviour.

When students learn to recognise the negative and irrational attitudes that lead to self-defeating behaviours, they can change them to more positive and rational attitudes through positive self-talk.

By thinking about and challenging the messages that they are giving themselves and substituting positive messages for those that are negative, students can develop the self-confidence to overcome obstacles to success.

#### **Task description**

Some examples of positive self-talk:

'I can do it.'

'I'm good enough.'

'If I want to, I can.'

'It doesn't matter if I make a mistake.'

'I can make it happen.'

'If I try hard, I'll get there.'

1. Teacher briefly introduces the meaning of self-confidence to the class.
2. In small groups, students brainstorm a range of skills and activities that require confidence and an acceptance of mistakes before success (playing an instrument, bike riding, skate boarding) on butchers' paper. Each group then posts its list on the wall for a whole-class discussion.
3. Teacher facilitates a brief, whole-class discussion on each group's list, and links the skills listed with academic achievements.
4. Teacher facilitates a whole-class discussion on the notion of positive self-talk, explaining the difference between positive and negative self-talk and the effects of each.
5. Students individually complete the 'Making it happen' worksheet.