

Materials	Paper, pencil, mirror
Learning Outcome	Brainstorm and practice positive self-talk to build self-confidence and self-awareness.

Description

Ask the child to think about and share some positive messages that family members or friends say to them (e.g., good job, I am impressed, you are smart, etc.). Ask the child if they ever use similar kind messages to talk to themselves.

Explain to the child that speaking to themselves on a daily basis about their good qualities and positive things about their day can support them in getting to know themselves and their thoughts and opinions. It can also help them feel confident and believe in themselves. It is easy for most people to think about getting to know others but many people do not think about the need to get to know themselves!

Ask the child to brainstorm positive messages and affirmations they can share with themselves. Write down the messages or support early literacy learners with writing. Find a mirror and ask your children to say the positive messages. Provide the child privacy so they can speak to themselves.

Encourage the child to say these messages on a daily basis and adjust and create new ones as they think of them. Examples of positive messages are:

- I try hard at whatever I do.
- I am proud of who I am.
- I am kind to others.
- I am funny.
- I like today because...
- I am good at..
- I like my...

Emotional Well-Being Competencies



THINK

Develop cognitive skills and strategies that facilitate self-management, decision-making, and relationship skills.



FEEL

Develop affective skills and strategies that facilitate healthy and safe relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate responsible decision-making, self-awareness, and social-awareness.



Reflection Questions

Reflection is important to support learning for emotional well-being. Consider asking the child the reflection questions below and discuss the answers together.

- *How did you feel after you practiced positive self-talk?*
- *If you had to teach someone else how to practice positive self-talk, what would you say to them?*