

GET UP AND THRIVE

POSITIVE SELF-TALK MICRO-LESSON

Learning Objective:: Help students understand how to use positive self-talk to support their academic & social emotional success

HEY, HEY. WHAT ARE YOU TELLING YOURSELF TODAY? A LITTLE POSITIVE SELF-TALK GOES A LONG WAY.

LESSON FRAME WORK ACE-C METHOD (GREAT FOR ANY LESSON)

ASK -CORRECT- ENGAGE-CONNECT

Ask

ASK A QUESTION

HOW MANY THOUGHTS DO YOU THINK PEOPLE HAVE EVERYDAY?

WHAT IS SELF-TALK?

WHEN MIGHT YOU USE POSITIVE SELF-TALK?

HEY YOU,
YOU GOT THIS

Correct

CORRECT ANY MISCONCEPTIONS WHILE ENCOURAGING THEIR ANSWERS

ON AVERAGE WE HAVE 60,000 THOUGHTS AND MANY CAN BE NEGATIVE.

TALK TO THEM ABOUT WHAT POSITIVE SELF-TALK LOOKS LIKE IN EACH SUBJECT. FOR EXAMPLE "DONT SAY I CAN'T SAY I NEED HELP"

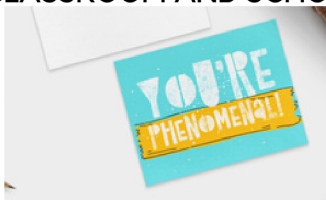
SHARE HOW POSITIVE SELF-TALK RETRAINS THE BRAIN AND HELPS US TO PROBLEM SOLVE AND PRACTICE SELF-KINDNESS

Engage

ENGAGE IN AN ACTIVITY

STUDENTS WILL DESIGN THEIR OWN POSITIVE SELF-TALK SIGN.

IT CAN HANG UP IN THE CLASSROOM AND OTHER PLACES IN SCHOOL OR BE PUT ON A POPSICLE STICK AND PLACED IN DIFFERENT AREAS OF CLASSROOM AND SCHOOL



YOU CAN & YOU WILL

Connect

HELP THEM TO MAKE A CONNECTION

CAN YOU THINK OF A TIME WHERE YOU'VE USED POSTIVE SELF-TALK OR SEEN SOMEONE USE IT?

IN A BOOK
IN THE WORLD
TO YOURSELF
IN SCHOOL
IN SPORTS

CALL TO ACTION: MAKE POSITIVE SELF-TALK A HABIT AND VISIBLE IN EVERY SPACE IN YOUR SCHOOL

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