

SELF ESTEEM

Interactive

Notebook

What is self talk?

When we feel sad, frustrated, or like we are not good enough, we can tell ourselves positive things to help us feel better. This is called positive self talk. We can be encouraged by reminding ourselves of the great things about us!

Self talk m

An example
positive self

Positive se
makes me

An example
negative self

Negative se
makes me

Replacing Negative

When we catch ourselves using negative
replace those negative messages with
the power it will be, and the best

Instead of
"I'll never get
it right."

Instead of
"He's so much
better than
me."

Instead of
"I'm annoying
to everyone."

Instead of
"Why am I so
different?"

My favorite
part of
school is...

I am
good at...

My favorite
thing about
me is...

On the
weekends, I
like to...

When I grow
up, I want
to...

The people
in my family
are...

Instead of
"I'm stupid."

Lesson Plans On Self Esteem High School

IM Harris



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