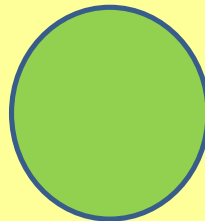


# LO: Do I know how to use positive self-talk?

How to get to green:



Say something positive about your friend  
Tell your friend something positive about yourself

Are you too hard on yourself?

Let's turn the negative  
talk into positive talk!



**You can do it!**

# LO: Do I know how to use positive self-talk?

- Everyone makes mistakes, it helps you to learn and get better!
- We all have different talents and are good at different things.
- Try to think about all the things that you are good at such as writing, maths, drawing, football, skipping etc
- The way you think can help you improve and get even better in all areas.

## LO: Do I know how to use positive self-talk?

I'm ok at this, I'm still learning

I can do this, I can get help

I'm smart, I can name my talents

I will get this finished

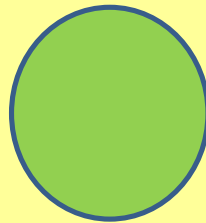
I can do better next time

I can try again

I know where I can get help

# LO: Do I know how to use positive self-talk?

How to get to green:



On the worksheet:

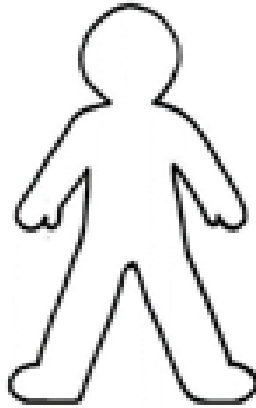
- Write 2 positive comments about yourself
- Write two positive comments about your friend
- Write a sentence that will help you get better at something.

*If I keep reading I will improve my spellings.*

LQ: Do I know how to use positive self-talk?



About you:

A large, empty speech bubble with a rounded rectangular body and a pointed tail pointing towards the person icon.A second large, empty speech bubble, identical in shape and position to the one above.

About your friend:

A large, empty speech bubble with a rounded rectangular body and a pointed tail pointing towards the right.A second large, empty speech bubble, identical in shape and position to the one above.