



LESSON 1

WORKSHEETS

SELF TALK

In this lesson you learn about how your brain and body are connected, and how you have self talk, which are the thoughts you say to yourself, that no one else can hear! You discover that your thoughts create electrical signals that zizzle, wizzle, fizzle and travel over the bridge of your brainstem, into your body, affecting your feelings. You also realise that Thankfulness or Gratitude is a great way to change your self talk, and the way you feel.



1 WORD FIND

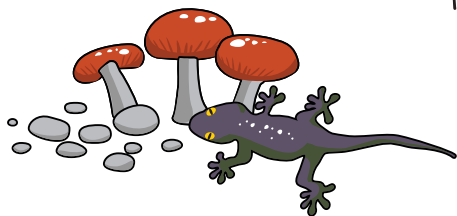
Find the words that describe what a coach does, and what the iCoach4kids programme is all about. They can be in any direction.

- BELIEVE
- COACH
- CONFIDENT
- ENCOURAGE
- HEART
- MIND
- MOTIVATE
- REASSURE
- STRONG

C H Z R Z G L A R W R C H O Z
 Z C M I N D N K K D V L Y Z F
 S A Z P G A Y O L Y M E U T T
 R O A L R U N Q R D J X I R R
 B C A P J T B K S T W P A E K
 E N C O U R A G E M S E P A W
 Z C I E F R H J O J H B Q S Y
 E O O T Y I V T I Q H D W S W
 K L G N F E I C V Z S I O U N
 W R N D F V E V E I L E B R A
 R M R N A I A Y V I T L P E T
 U T R T O Q D W P F M T S S N
 P T E B F I G E R I H P M X C
 B P H A I D Z G N Z I E T N T
 V C M A A V R N I T S C O Q N

2 SELF TALK

Self talk is the talk you say to yourself that no one else can hear. Our self talk can build us up or pull us down. Match up the sentence with the correct answer.



- THIS IS TOO HARD → BUILD UP / PULL DOWN
- I CAN DO THIS → BUILD UP / PULL DOWN
- I DON'T BELONG HERE → BUILD UP / PULL DOWN
- I'M NOT GOOD ENOUGH → BUILD UP / PULL DOWN
- I AM GOOD ENOUGH → BUILD UP / PULL DOWN
- THIS IS EXCITING → BUILD UP / PULL DOWN
- I CAN'T DO THIS → BUILD UP / PULL DOWN
- I BELONG HERE → BUILD UP / PULL DOWN
- I HAVE A HIGH VALUE → BUILD UP / PULL DOWN
- THERE'S SOMETHING WRONG WITH ME → BUILD UP / PULL DOWN



Thankfulness is the easiest way to get more happiness in your life. Being thankful is simply enjoying something a second time. It's remembering an action, event, person, place or a thing that was good or enjoyable, and enjoying it all over again! Sometimes thankfulness is called Gratitude, which means we are grateful for something.



3 GRATITUDE A-Z

Name one thing you are grateful for beginning with each letter of the alphabet. Remember it can be a person, place, thing, action or event. If you can't think of something for one letter, just leave it and fill it out later when something comes to mind. When you are feeling sad or worried, remind yourself of your Gratitude A-Z, going through each letter, until you feel better!

Example
 A - Aunty Wendy
 B - Best Friend
 C - Clothes

A _____
 B _____
 C _____
 D _____
 E _____
 F _____
 G _____
 H _____
 I _____
 J _____
 K _____
 L _____
 M _____
 N _____
 O _____
 P _____
 Q _____
 R _____
 S _____
 T _____
 U _____
 V _____
 W _____
 X _____
 Y _____
 Z _____

4 GRATITUDE EYE SPY

Eye spy with my little eye, something I can be grateful for! Look back over your day and try and spy any action, event, person, place or thing that you enjoyed, and write it down. While you are remembering, some sad or annoying things might come to mind, but just go around those, and keep looking for the good. See if you can come up with 3 things each day.

Example
 TODAY I AM GRATEFUL FOR...
 My cake at morning tea
 How my body can run and play
 The sunshine on the way to school

TODAY I AM GRATEFUL FOR..

TODAY I AM GRATEFUL FOR..

TODAY I AM GRATEFUL FOR..

