

LESSON 1 • SELF-TALK

EXTENSION ACTIVITIES

YOGA AND MINDFULNESS PORTAL

- + 10 Minutes to Let Your Mind Wander (Printable Resources)
- + Changing Thoughts (Printable Resources)
- + My Brain Dump List (Printable Resources)
- + Positive Self Talk Journal (Printable Resources)

VIDEOS

+ Dad/Daughter Motivation

<https://www.youtube.com/watch?v=Sly8krDQ1fk>

+ Jessica's Daily Affirmation

<https://www.youtube.com/watch?v=qR3rK0kZFkg>

+ No Excuses Warhawk (Matt Scott)

https://www.youtube.com/watch?time_continue=61&v=obdd31Q9PqA&feature=emb_title

+ The Reflection in Me

<https://www.youtube.com/watch?v=D9OOXCu5XMg>

+ Fight Song Music Video (Rachel Platten)

<https://www.youtube.com/watch?v=xo1Vlnw-SKc>

+ 7th Grader Delivers Powerful Message About Self

<https://www.facebook.com/12news/videos/10155509505869015/?v=10155509505869015>

ACTIVITIES

POSITIVE SELF-TALK CARDS

Make a set of positive self talk cards for your classroom; make it a daily routine to ask students to choose one and read it, set it on their desk, or give one to a classmate.

COMMON EVENTS

Write down or present a number of common events a student may experience (stressful test, a tryout or audition, a fight with a friend, peer pressure, etc.) and ask them to create affirmations or positive self talk dialogue to get them through those experiences.

BREATH EXERCISES

Incorporate short and simple breath exercises in class that ask students to turn into their thoughts, for example, mantra breathing.

CORE BELIEFS

Ask students to identify their core beliefs (can start with a list if you prefer); ask them to write or talk about how those core beliefs affect the beliefs they have about themselves.



ARTICLES

+ 6 Seconds - 7 Amazing Facts About Emotions You Should Know

(for teachers)

<https://www.6seconds.org/2018/02/19/7-amazing-facts-emotions-know/>

+ Mayo Clinic - Positive Thinking: Stop Negative Self-talk to Reduce Stress

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>

OTHER REFLECTION QUESTIONS

- + Can you think of a time when self-talk helped you?
- + Can you think of a time when self-talk held you back?
- + What are some things we say to others in challenging times?
- + Why are absolute words like "never, always" so limiting? Why do we use them?
- + Do we all have an internal critic? Is it normal to have this?
- + How is our thinking connected to our behavior?
- + How can you become more aware of what your thoughts are?
- + Where do your values and beliefs come from?
- + How do your beliefs affect how you think and behave?

