

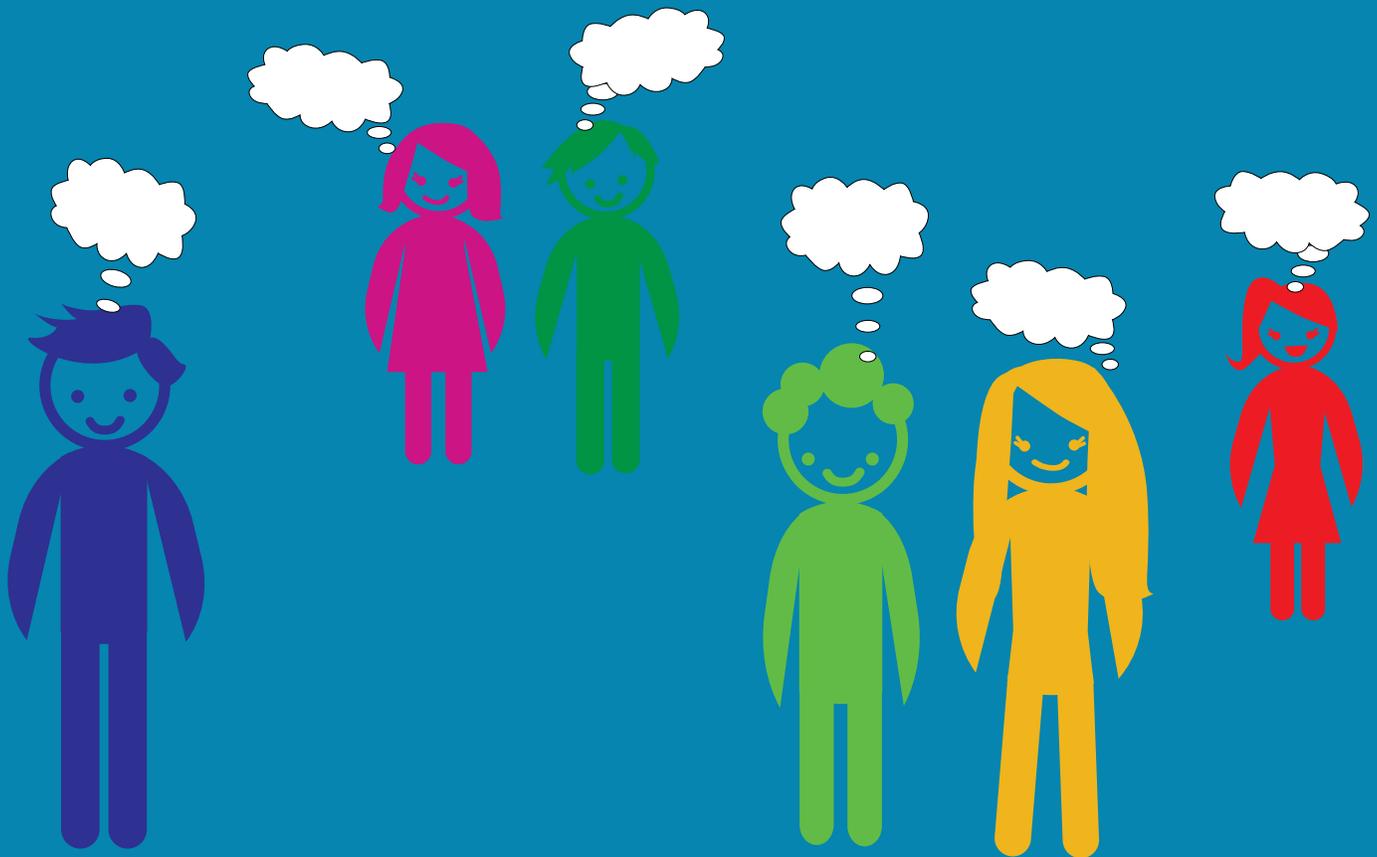


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Lesson:

Learning Positive

Self-Talk



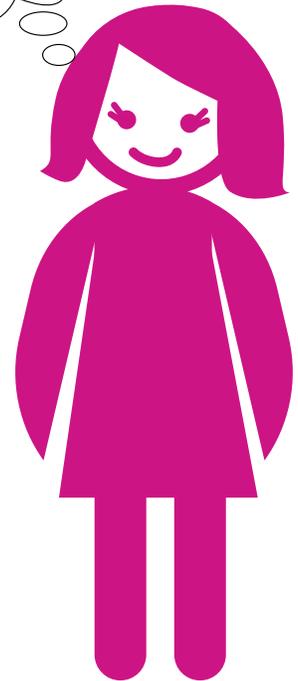
BACKGROUND

In our image-obsessed culture, it is imperative that children learn how to talk kindly to themselves. Children must learn their **self-worth** should be based on who they are intrinsically, instead of their ability to fit into **popular culture**. Teaching this lesson will help you discuss your children's current forms of **self-talk** and help you and them create goals for positive self-talk.

PREPARATION

Take the time to learn and practice **positive self-talk** on yourself!

- Write down the experiences you have; strive to repeat this process as many times as possible before sharing this lesson.
- Your personal experience with self-talk will enable you to clearly explain and demonstrate this skill for your child.
- Determine the positive characteristics about your child that you plan to share to help them realize their worth. Be specific; the more general you are, the harder it will be for them to see these characteristics in themselves.



OBJECTIVE

- Discuss how others' ideas about worth can be flawed
- Define **self-talk** (see glossary)
- Discuss how self-talk contributes to feelings of self-worth
- Explain how to replace negative self-talk with positive self-talk
- Point out positive characteristics in your child

LESSON

In our culture, many people look to celebrities and pop culture icons for what fashions they should wear, how their bodies should look, and what causes they should be supporting. However, problems arise when individuals base their identity on others' opinions because different cultures and ethnicities may disagree on what the ideal truly is.

DISCUSSION

When a person does not fit the popular mold, they often develop feelings of insecurity due to their own negative thoughts, as well as the negative words and actions of others. These feelings can create a pattern of negative self-talk, or the thoughts and words a person tells themselves, which may lead to feelings of depression, a lack of self-worth, and/or negative behaviors.

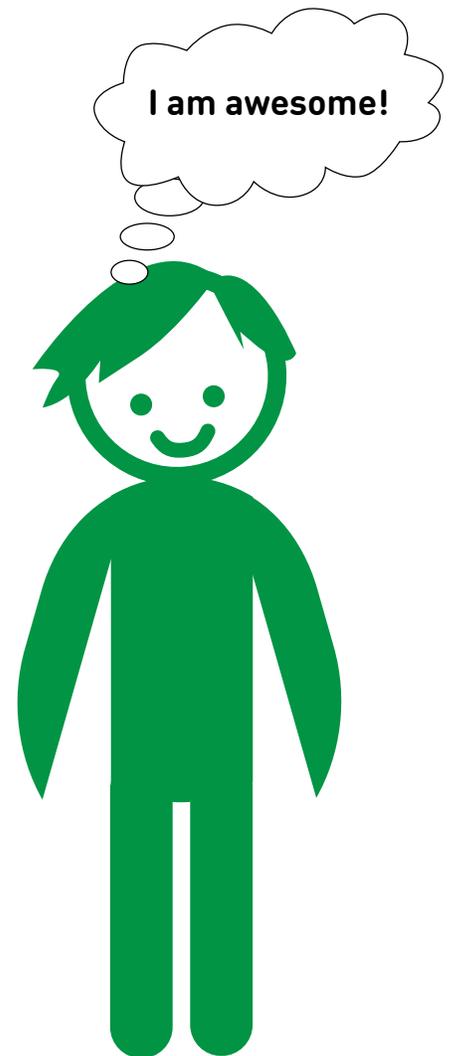
- Explain to children that negative thoughts and actions can lead to negative self-esteem.
- Help children to understand that when they compare themselves to anyone else, they are participating in negative self-talk.
- Discuss how children can avoid negative self-talk by replacing it with positive self-talk.

ADDITIONAL DISCUSSION FOR OLDER KIDS

- Discuss how positive self-talk acknowledges others' beauty while recognizing our own.
- Explain how you have used positive self-talk to overcome struggles you have faced.

QUESTIONS TO ASK YOUR CHILD

1. If we want to feel good about ourselves, what kinds of thoughts and actions should we have?
2. How do you feel when you speak to yourself positively?
3. Why do you think it is important to use positive self-talk?



ADDITIONAL QUESTIONS OR OLDER CHILDREN

1. Do you feel that I speak to you positively? How could I improve?
2. Do you think I speak positively to myself? Can you help me improve?

ACTIVITES

1. Set a goal as a family to work on having positive self-talk this week. Once a day, such as at dinner time, discuss how each of you is doing with positive self-talk. At the end of the week, discuss how each person feels about themselves and the difference they have felt this week.

2. Share this scenario with your child:

For months you have asked for a new pair of jeans. Your mom finally agrees to get you a pair, but they don't fit. You are forced to go to school wearing your old, torn up jeans, and some popular kids make fun of you. You get home and decide to watch some TV, and everyone seems to be so happy and fit in, making you wish you were one of the actors. On top of that, your older brother tells you how much better you would fit in if you would, "Just lose weight, fatty."

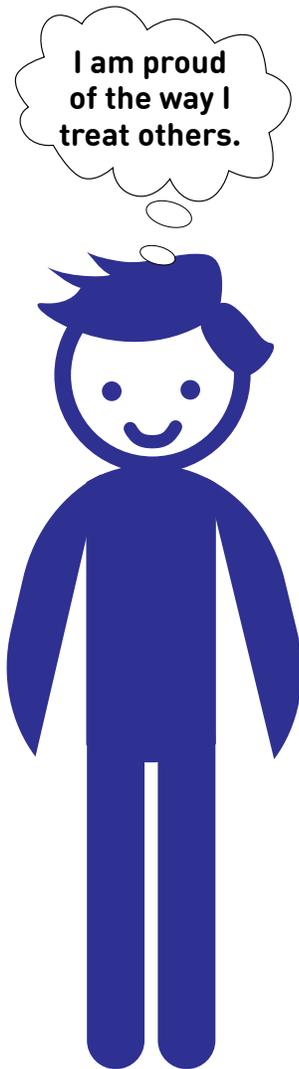
Questions:

1. How does this scenario make you feel?
 2. Do you think you would be having positive or negative self-talk after this day and why?
 3. In what ways could you choose to talk to yourself positively during each of these situations?
 4. What is something you could do to help yourself use more positive self-talk today?
3. Sit down with your child and list several things that she is apprehensive about. Discuss a positive phrase she can repeat when she feels overwhelmed (like when taking a test, or when a performance or game is coming up, for example). Practice saying a simple phrase like "I got this," "I can do this," or "This is going to be awesome" . Be sure to sit down afterwards to discuss and document her experience with this exercise and work to be consistent with its application.



FOLLOW UP FOR PARENTS

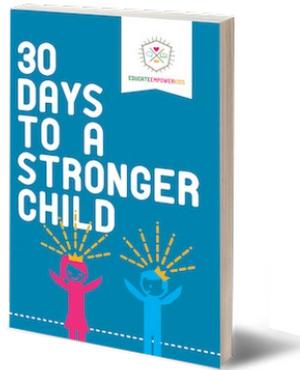
- Positive self-talk takes work every day! This will be a constant struggle for many children throughout their childhood and adolescence.
- Parents comparing children to one another, even when they believe it is positive, will increase the likelihood of negative self-talk.
- Parents need to model good self-talk for their children, so always be an example of speaking positively about yourself, your child, and others.
- Don't be afraid to ask your child if they are dealing with the effects of negative self-talk or to get them any additional help they need when dealing with negative self-talk.



RELATED DISCUSSIONS

All of the following lessons can be found in [30 Days to a Stronger Child](#) on [Amazon](#):

Friends
Critical Thinking
Self Confidence
Positive Self-Talk
Body Image



RELATED ARTICLES, LESSONS, AND BOOKS

[A Lesson About Healthy Body Image](#)

[A Lesson About Kindness: Online, Face to Face, and Everywhere](#)

[5 Ways to Teach Children Empathy](#)

[20 Ways To Compliment A Child That Have Nothing To Do With Appearance](#)

GLOSSARY

Pop Culture: Popular culture; the current culture made popular through media and social media.

Positive Self-talk: The positive thoughts and words people tell themselves.

Self-Esteem: The feelings a person develops about themselves.

Self-Talk: The inner voice that one usually doesn't even know is constantly running. This inner commentary can have a big influence on about how we feel about who we are.

Self-Worth: The value that a person places on themselves and their abilities.