You can use self-talk in your classroom in a variety of ways. You can use activities daily, once a week, or once a month. Use self-talk as frequently as the students in your classroom need the reinforcement of their own abilities.

Students can create a list of things they do well at the beginning of a unit, and finish the unit with a list of all the things they learned. This serves as a way for students to track their own progress.

You can have students create an “All About Me” book where they list and draw all the things they do well. This can also be a great icebreaker at the beginning of the year.

Students can also fill out “Wanted” posters. Each student draws a picture of themselves doing the task well writing underneath the picture why they can do the task well.

At the end of class have students write down three things they learned or improved on as an exit ticket for the day.

Focusing on what we do well helps all students with self-esteem everyday. Just imagine how you can improve the self-worth of your classroom by focusing on positive self-talk.....
List The Positives

Self-Talk is the inner voice you hear that tells you all about your strengths and weaknesses. Everyone has a voice that tells us how good we are at something or even at times how poorly we did at a task. The trick is to focus on the voice that is telling you about how great you are at certain tasks. Listening to the negative self-talk is a self-fulfilling prophecy. Give yourself a boost and list all the things you do well and how far you have come in learning to do something new. Using positive self-talk allows you to boost your confidence and can give you the extra push you need to believe you have what it takes to learn and do more.

Too often we listen to the negative self-talk in our life. Try listing 10 things you do well and 10 things you have improved upon this year. How do you feel about yourself now?

“Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.”

Norman Vincent Peale