



**PLANIT**  
TEACHERS

## Introduction to Attitude Adjustment: Positive Self-Talk and Self-Belief

**Student Name:** \_\_\_\_\_

**Class:** \_\_\_\_\_

**Due Date:** \_\_\_\_\_

### Introduction

Welcome to this homework assignment on attitude adjustment, focusing on positive self-talk and self-belief. This worksheet is designed for 7-year-old students to help them understand the importance of positive self-talk and self-belief in developing a positive attitude.

### Learning Objectives

- Recognize the impact of self-talk on attitude and behavior
- Identify positive affirmations to boost self-belief
- Apply positive self-talk in daily life situations
- Demonstrate an understanding of the connection between self-belief and achievement

### Activity 1: Positive Self-Talk

Imagine you are a kind and supportive friend. Write five positive affirmations that you would say to encourage yourself.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Activity 2: Self-Belief Collage

Create a collage using magazines, scissors, glue, and colorful paper. Cut out words and images that represent positive self-belief. Arrange them in a way that makes you feel good about yourself. Write a short paragraph explaining why you chose these words and images.

### Activity 3: Real-Life Scenarios

Read the following scenarios and write how you would apply positive self-talk in each situation:

1. You make a mistake during a game.

2. You're feeling nervous about a test.

3. You're trying something new, and it's not working out.

### Activity 4: Self-Reflection

Take a few minutes to reflect on your current self-talk. Do you often say positive or negative things to yourself? How do you think this affects your attitude and behavior? Write your thoughts and feelings in a journal entry.

## Extension Activities

For advanced learners or those who want an extra challenge:

1. Create a short skit or role-play a scenario where you practice positive self-talk.

2. Write a poem or song lyrics about the importance of self-belief.

3. Design a poster or infographic about the benefits of positive affirmations.

## Success Criteria

To successfully complete this assignment, you should:

- Submit all main activities with thoughtful and complete responses.
- Demonstrate an understanding of positive self-talk and self-belief.
- Show evidence of critical thinking and reflection.
- Use proper spelling, grammar, and punctuation.

## Parent/Guardian Notes

To support your child's learning:

- Encourage them to take their time and have fun with the activities.
- Ask open-ended questions to prompt critical thinking and reflection.
- Provide guidance and feedback, but avoid doing the work for them.
- Discuss the importance of positive self-talk and self-belief in your daily conversations.

## Time Management Guidelines

To ensure timely completion:

- Allocate 5-7 minutes for each main activity.
- Take short breaks (2-3 minutes) between activities to stretch, move around, or grab a snack.
- Use a timer or clock to keep track of time and stay focused.

## Self-Assessment Opportunities

Throughout the assignment, reflect on your learning and thinking. Ask yourself:

- What did I learn about positive self-talk and self-belief?
- What areas do I need more practice or support in?
- What are my goals for applying positive affirmations in daily life?

## Conclusion

Congratulations on completing this homework assignment! Remember to always practice positive self-talk and self-belief to develop a positive attitude. Keep working on your skills and celebrating your achievements.