



Introduction

Welcome to this worksheet on understanding the power of positive self-talk and its impact on daily life. This worksheet is designed for 7-year-olds and aims to help them develop a positive mindset, build confidence, and understand the importance of self-talk.

Activity 1: What is Positive Self-Talk?

Positive self-talk is when we say kind and encouraging words to ourselves. It helps us feel good about ourselves and believe in our abilities.

Draw a picture of yourself saying something kind to yourself.

Write a short sentence about what you like about yourself.

Activity 2: The Power of Positive Self-Talk

Positive self-talk can help us feel more confident, happy, and resilient. It can also help us make better choices and achieve our goals.

Match the following scenarios with the correct positive self-talk phrase:

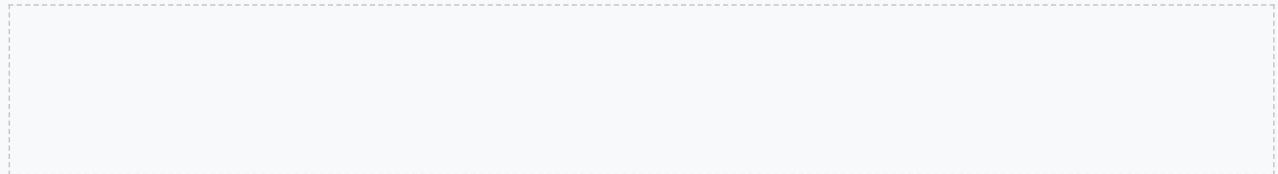
- Feeling nervous before a test: _____
- Trying a new sport: _____
- Making a new friend: _____

Positive self-talk phrases:

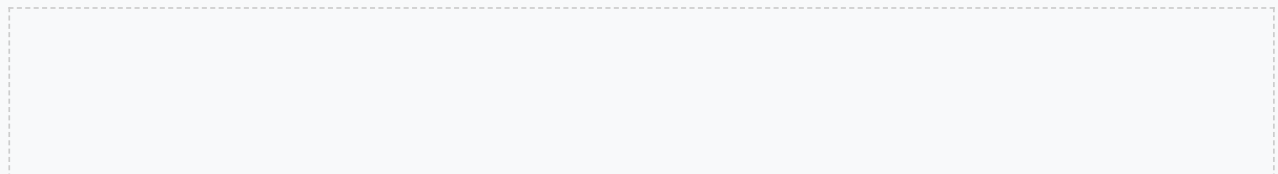
- I can do this!
- I'm proud of myself!
- I'm excited to try something new!

Activity 3: Recognizing Negative Self-Talk

Negative self-talk is when we say mean or critical words to ourselves. It can make us feel bad about ourselves and stop us from trying new things.



Draw a picture of a thought bubble with a negative self-talk phrase.




Write a short sentence about why negative self-talk is not helpful.

Activity 4: Practicing Positive Self-Talk

We can practice positive self-talk by saying kind words to ourselves, writing positive affirmations, or sharing encouraging phrases with friends.

Create a positive affirmation poster with at least five positive self-talk phrases.

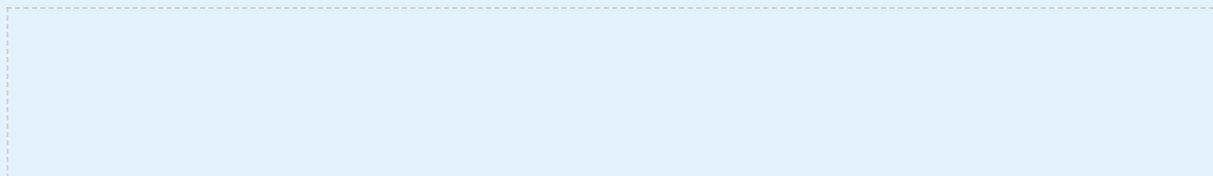


Share one positive self-talk phrase with a friend or family member and ask them to share one with you.

Activity 5: Reflection

Reflect on what you have learned about positive self-talk.

Write a short paragraph about what you learned.



Draw a picture that represents your understanding of positive self-talk.



Conclusion

Congratulations on completing this worksheet! Remember, positive self-talk is a powerful tool that can help you build confidence, achieve your goals, and develop a positive mindset. Keep practicing positive self-talk and watch your life change for the better!

Additional Activities

Create a positive self-talk jar and write down positive self-talk phrases on slips of paper.

Role-play different scenarios where you can use positive self-talk.

Write a short story about a character who learns to use positive self-talk to overcome a challenge.

