



**“Sometimes I say unkind things to myself in my mind.”**



**“These thoughts might sound like ‘I can’t do this’ or ‘I’m not good enough.’”**



**“These thoughts can make me feel sad, worried, or frustrated.”**



**“This is called negative self-talk, and everyone has it sometimes.”**



**“The first step is noticing when these thoughts appear.”**



**“I can stop and take a slow, calm breath.”**



**“I can ask myself, ‘Is this thought true?’”**



**“Most negative thoughts are not true at all.”**



**“I can change the thought by using kinder words.”**



**“I can say things like ‘I’m trying,’ ‘I can learn,’ or ‘I am enough.’”**



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**“Positive self-talk helps me feel calmer and stronger inside.”**



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**“If negative thoughts don’t go away, I can talk to someone I trust.”**



**“Talking about my feelings helps them feel lighter.”**



**“I can focus on things I’m good at or things I enjoy.”**

**Comic Story Title: Recognizing and Negative Self-Talk**

The more I practice, the easier it gets to stop negative self-talk.



**“The more I practice, the easier it gets to stop negative self-talk.”**



**“I can choose kinder thoughts, and I can be a friend to myself.”**



# Vocabulary

- Self-Talk

A: The words I say to myself in my mind. (Correct)

B: Talking loudly to everyone around me.

- Negative

A: Unkind or unhelpful. (Correct)

B: Happy and exciting.

- Notice

A: To see or become aware of something. (Correct)

B: To ignore something completely.

- Replace

A: To change something and put something better instead. (Correct)

B: To keep something the same forever.

- Enough

A: Being worthy, valuable, and okay just as I am. (Correct)

B: Having too many things.



# Spellings

A: Thot

B: Thought (Correct)

A: Kalm

B: Calm (Correct)

A: True (Correct)

B: Truo

A: Learn (Correct)

B: Lurn

A: Stronng

B: Strong (Correct)



# Comprehension

- What is the first step in stopping negative self-talk?

A: Noticing the negative thought. (Correct)

B: Ignoring the thought completely.

- What can I ask myself when I hear a negative thought?

A: "Is this thought true?" (Correct)

B: "Should I believe it right away?"

- What can replace a negative thought?

A: A kinder, more helpful thought. (Correct)

B: A louder negative thought.

- What should I do if negative thoughts don't go away?

A: Talk to a trusted adult. (Correct)

B: Keep the thoughts to myself.

- How does positive self-talk help me?

A: It helps me feel calmer and stronger. (Correct)

B: It makes me more worried.



# Open-Ended Questions

- What negative thought do you sometimes hear in your mind?

- How does your body feel when you think something unkind about yourself?

- What kind, positive thought could you use instead?

- Who can help you when you're feeling unsure or sad?

# Role-Play Activity

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- **Scenario 1**

You think, “I can’t do this.” → Practice replacing it with, “I can try.”

- **Scenario 2**

You feel nervous about making a mistake. → Practice saying, “I am learning.”

- **Scenario 3**

A negative thought keeps repeating. → Practice talking to a trusted adult.

- **Scenario 4**

You feel unsure about yourself. → Practice telling yourself a kind, true thought like “I am enough.”