



**“The words I say to myself can change how I feel.”**



**“Sometimes I think kind thoughts, and sometimes I think worried thoughts.”**



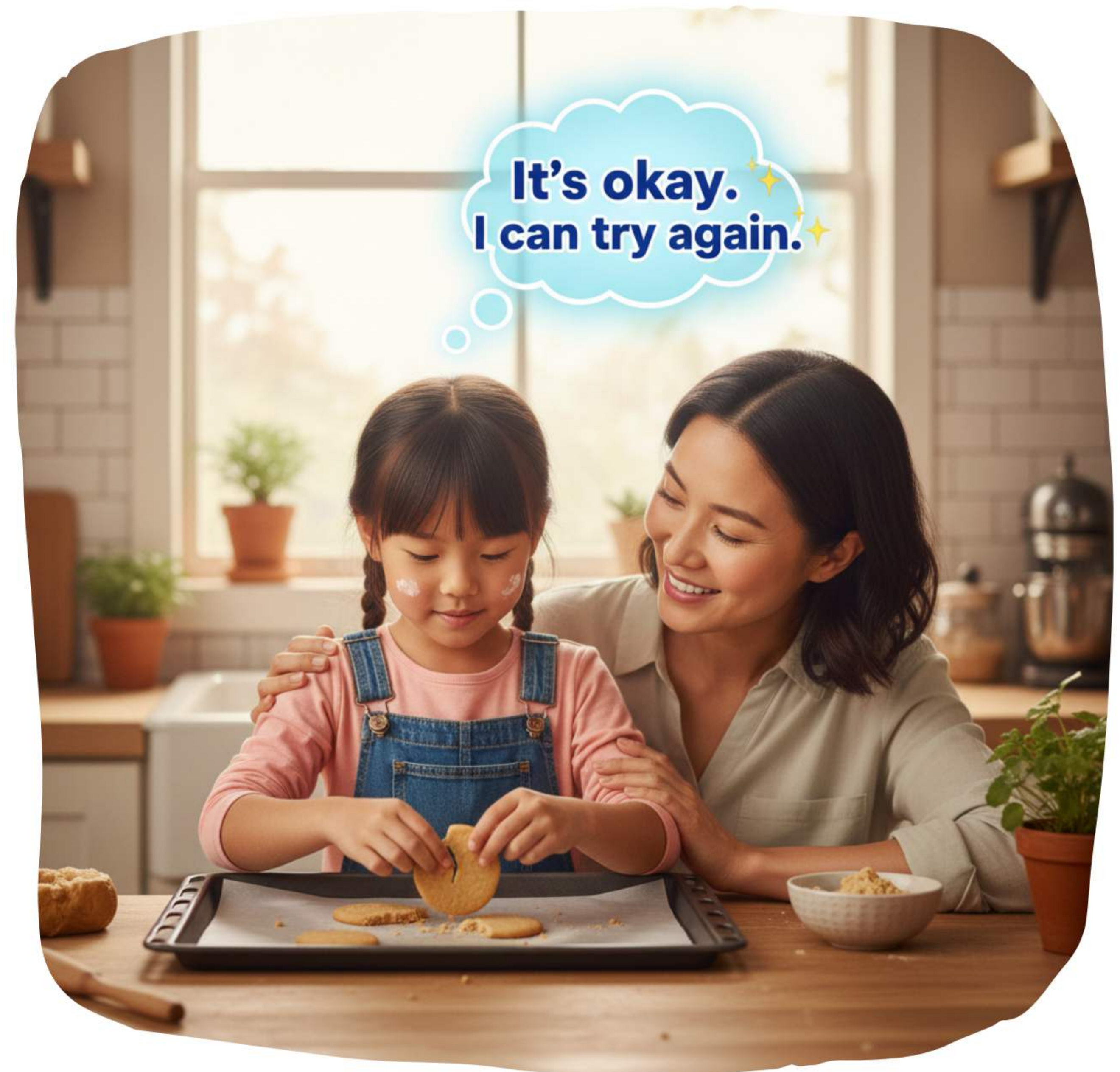
**“Positive self-talk means using kind, helpful words toward myself.”**



**“Positive self-talk helps me feel brave, calm, and confident.”**



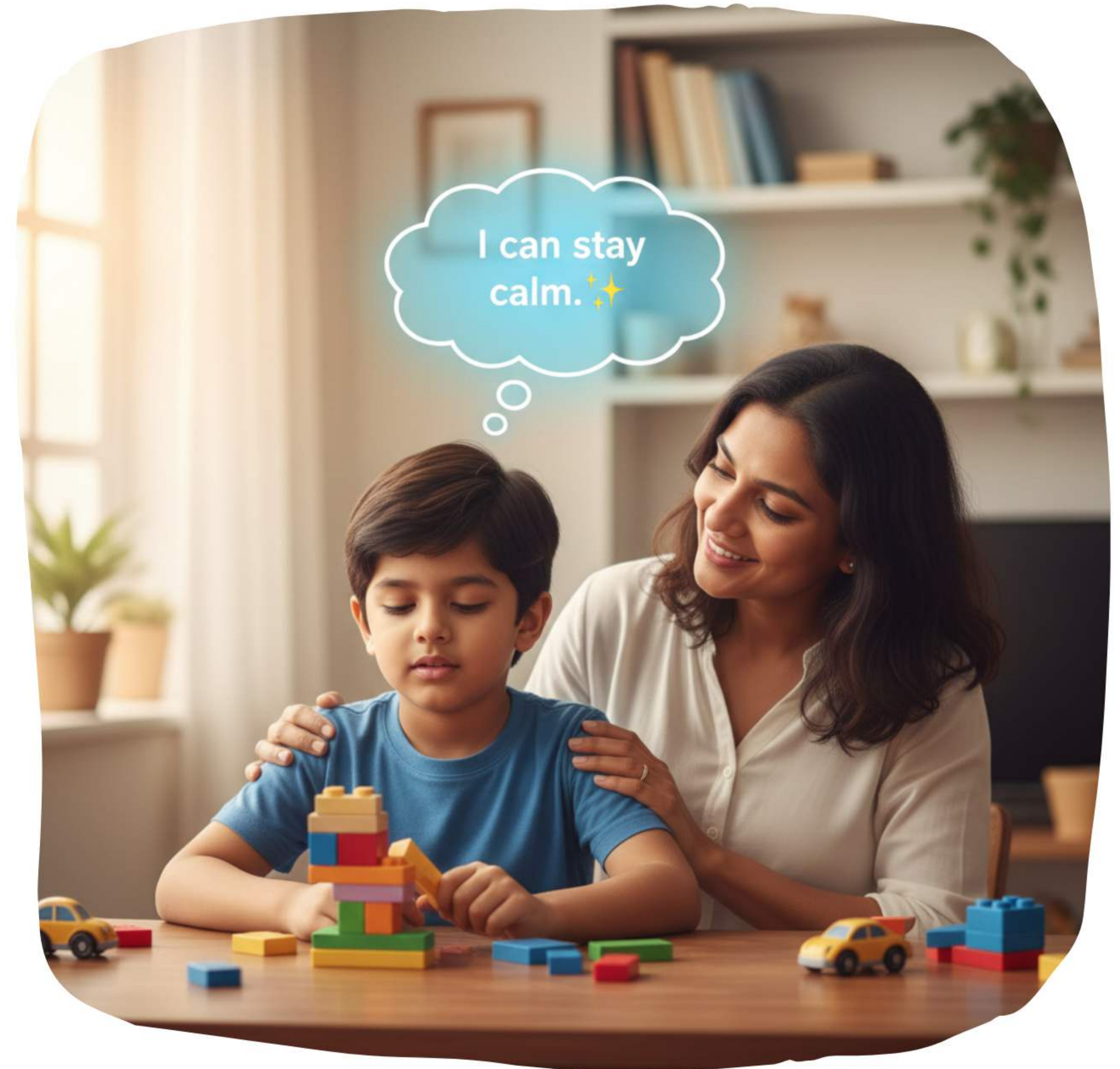
**“When I try something hard, I can say, ‘I can do this.’”**



**“When I make a mistake, I can say, ‘It’s okay. I can try again.’”**



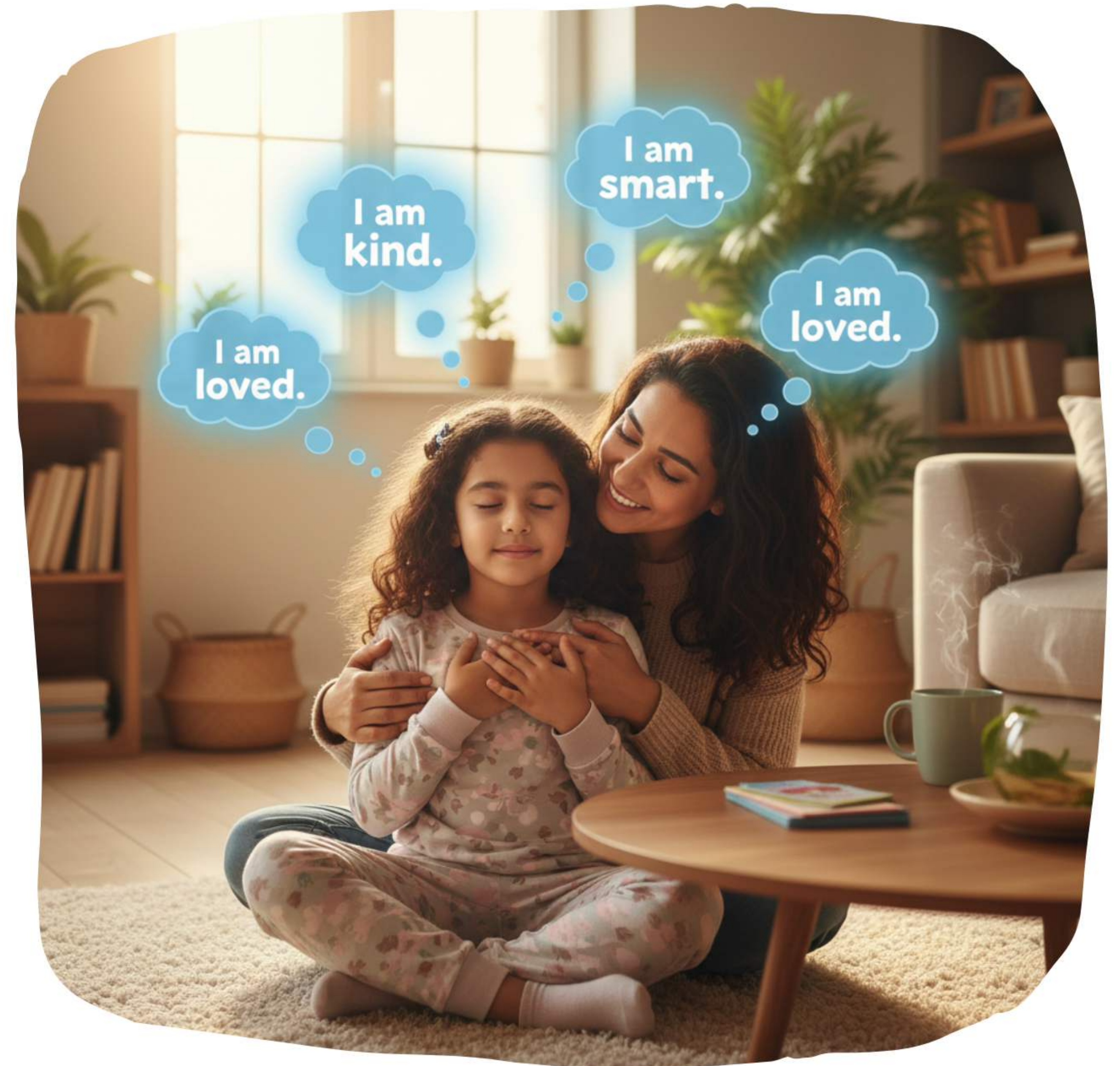
**“When I feel nervous, I can say, ‘I can take a deep breath.’”**



**“When I feel frustrated, I can say, ‘I can stay calm.’”**



**“Positive words help me feel stronger inside.”**



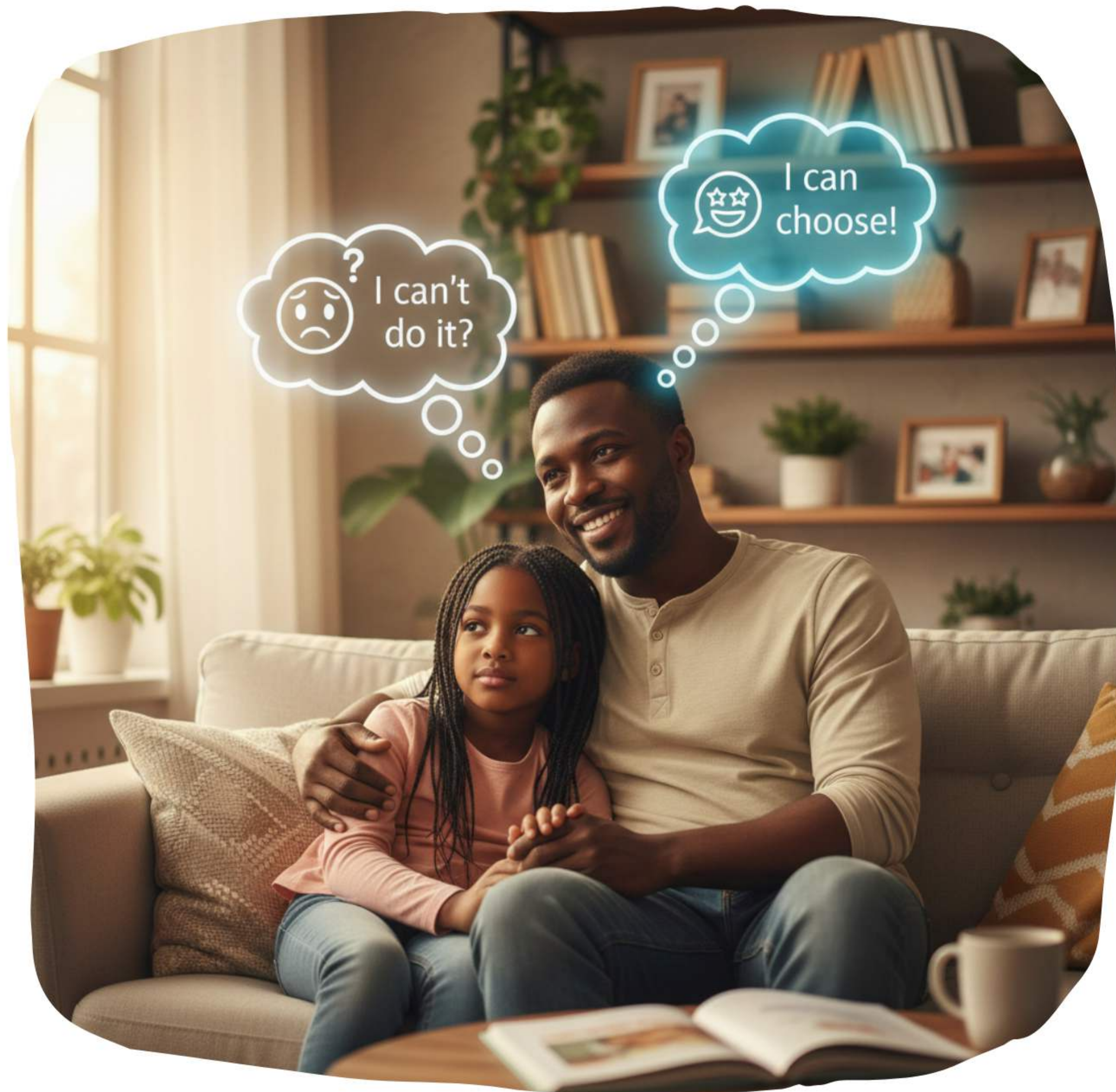
**“I can practice saying kind words to myself every day.”**



**“Even small positive thoughts can help me feel better.”**



**“I don't have to be perfect to use positive self-talk.”**



**“I can choose which thoughts I want to listen to.”**



**“I can replace unhelpful thoughts with kinder ones.”**



**“People around me feel proud when I use kind words toward myself.”**



**“When I use positive self-talk, I feel strong, capable, and ready for anything.”**



# Vocabulary

- Positive

A: Helpful, kind, or encouraging. (Correct)

B: Mean or upsetting.

- Self-Talk

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

B: Talking loudly to everyone around me.

- Confident

A: Feeling sure of myself. (Correct)

B: Feeling unsure and scared.

- Replace

A: Change something for something better. (Correct)

B: Keep everything exactly the same.

- Nervous

A: Feeling unsure or a little scared. (Correct)

B: Feeling excited only.



# Spellings

A: Calm (Correct)

B: Calem

A: Think (Correct)

B: Thinc

A: Stronng

B: Strong (Correct)

A: Kynd

B: Kind (Correct)

A: Words (Correct)

B: Werds



# Comprehension

- What is positive self-talk?  
A: Using kind and helpful words for myself. (Correct)  
B: Saying mean things about myself.

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- What can I say when I try something hard?  
A: “I can do this.” (Correct)  
B: “I can’t do anything right.”

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- What should I do when I make a mistake?  
A: Tell myself, “It’s okay. I can try again.” (Correct)  
B: Get upset and stop trying.

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- How does positive self-talk help me feel?  
A: Brave, calm, and confident. (Correct)  
B: More worried.

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- Can I choose which thoughts I want to listen to?  
A: Yes, I can choose kinder thoughts. (Correct)  
B: No, I must listen to every thought.



# Open-Ended Questions

- What kind words can you say to yourself today?  
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- When do you feel nervous, and what helps you feel brave?  
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- What positive words help you when something feels hard?  
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- How do you feel after using kind self-talk?

# Role-Play Activity

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- **Scenario 1**

Practice saying, “I can do this.”

- **Scenario 2**

Practice saying, “It’s okay. I can try again.”

- **Scenario 3**

Practice saying, “I can take a deep breath.”

- **Scenario 4**

Practice saying, “I can stay calm.”