

LESSON 26

EMPATHY POSITIVE SELF-TALK

Victorian Curriculum: PERSONAL AND SOCIAL CAPABILITY

Self Awareness and Management

- **Recognition and expression of emotions**
Explore the links between their emotions and their behaviour.

ENGLISH

Speaking and Listening - Literature

- **Literature and context** - Make connections between own experiences and those of characters and events represented in texts drawn from different historical, social and cultural contexts.

Learning intentions:

- To understand the benefits of positive self-talk.
- To engage in positive self-talk and recognise their own and others' achievements/strengths.

Resources:

- IWB.
- Student workbooks.
- Video Resource List.

Outline:

Activity 1: The Glad Game (10 mins)

- Watch **Video 624** from the Video Resource List.
- Students are to then write a list of 5 things that they don't like and then why they are glad for them.
- Examples could be eating broccoli, doing homework, helping their parents around the house, cleaning their room or getting out of bed in the morning.

Activity 2: Famous Positive Self-talk (25 mins)

- Students have the quotes (shown opposite) in their student workbooks.
- Discuss each person and their quote. Ask the students: 'Why is it important to be positive?'; 'What is positive self-talk?'; 'Why is it hard at first?'; 'Why should we compliment each other?' and 'Do we do it often enough?'
- Students research well-known sports people and celebrities who show optimistic thinking and positive self-talk. They can share quotes, videos, activities and examples.

Activity 3: Positive Self-talk Activity in Workbook (15 mins)

- Students write down their favourite quote, activity, example or motto.

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Things I don't like:	Why I am glad for these things:

I am
THE GREATEST
I said that before I even knew I was.
- Muhammad Ali

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Think like a queen.
A queen is not afraid to fail. Failure is another stepping stone to greatness.
- Oprah Winfrey

I don't think of all the misery but of the beauty that still remains.
- Anne Frank

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A man is but the product of his thoughts.
What he thinks, he becomes.
- Mahatma Gandhi

Below, write down your favourite quote, activity, example or motto of positive self-talk.