

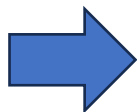
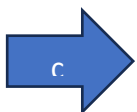
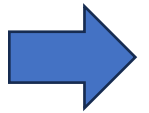
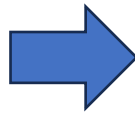
# Self Talk



What is self talk? Self talk is the things we say to ourselves in different situations-- either out loud or silently in our head.

Does what you say to yourself really matter? **YES!**

Our **words** create our **feelings** and our **feelings** create our **actions**.



One way to do self talk is to think about what a good friend would say to you



Let's practice some helpful ways to use self talk in different situations. How can you help yourself with self talk in these situations?

- You're trying to learn something new and you feel like giving up. **You can say to yourself...**
- **You made a mistake and feel bad. You can say...**
- **You feel scared. You can say...**
- **You're trying to calm down. You can say...**
- **You're sad about something. You can say...**
- **Someone tells you to break a rule. You can say...**
- **You can't have what you want. You can say...**
- **Someone is teasing you. You can say...**
- **You're embarrassed. You can say...**
- **You're feeling impatient. You can say...**
- **You feel lonely. You can say...**
- **You do something great! You can say...**

How will you practice helpful self talk



[VIDEO!](#)