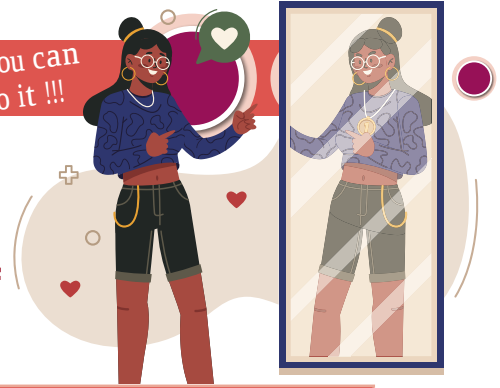


You can
do it !!!



Worksheet – Activity 4 – Being kind to myself

Worksheet: Connecting with my kind self through positive self-talk

Name: _____ Date: _____

Instructions: Take Your teacher will assign a challenging scenario for you to discuss in a group:

- Read and discuss your assigned scenario.
- Brainstorm as many examples of positive self-talk as possible.

Helpful Hints

Positive self-talk means encouraging ourselves with kindness, affirmation, and understanding. Positive self-talk helps us maintain perspective and manage difficult or challenging moments.

For example:

- "It's okay to make mistakes, I'm doing my best", or
- "I am enough, just as I am".

1. What scenario are you discussing?

The challenging scenario we are discussing is... e.g. number/description of the scenario
(write/draw in this space):

2. Brainstorm as many examples of positive self-talk that would be helpful in this challenging situation as you can (1–3 examples):

