

Lesson 5: Positive Self-Talk

Kindergarten | Unit 2

GUIDING QUESTION:

What is self-talk?

Lesson Objectives

Students will complete the following exercises to answer the lesson's guiding questions.

- ✓ **Warm Up:** Superhero Yoga Mindfulness Exercise
- ✓ **Learn:** Using Self-Talk Video Lesson
- ✓ **Review:** Using Self-Talk Video Companion Worksheet

Student Objectives

After completing Unit 2, students should be able to:

- ✓ Independently use the taught coping strategies to manage difficult emotions
- ✓ Manage, regulate, and communicate wants and needs including strategies to delay gratification
- ✓ Identify challenging situations and healthy ways to cope with them (e.g. using positive self-talk)

Competency and Standard

CASEL Competency

- Self-Management - The ability to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.

Learning Standard and Benchmarks

- Demonstrate skills related to successful personal and school outcomes.
 - Exhibit eagerness and curiosity as a learner
 - Demonstrate persistence and creativity in seeking solutions to problems
 - Show some initiative, self-direction, and independence in actions
 - Demonstrate engagement and sustained attention in activities

Key Terms

Self-Talk

Positive

Teaching Strategies

- ✓ As a class, brainstorm three examples of positive self-talk statements. Write them down and hang them up in your classroom as a reminder to always speak kindly to ourselves.
- ✓ Extension opportunities for learning and teaching:
 - Unit Overview PDF: A great resource to send home to parents and guardians.