

Name : _____

Date: _____

EVERYDAY SPEECH



Intro to Positive Self Talk

Positive self talk helps us feel more confident and helps our self esteem. If you are down, you can use "I" statements to make yourself feel better such as saying "I can do this!"

What is positive self talk?

Give an example of positive self talk.

How did Robbie use positive self talk?

TELL HOW YOU WOULD USE POSITIVE SELF TALK IN EACH SITUATION

You have to give a speech in front of the class and you are very nervous

1.

You have to have a difficult conversation with a friend

2.

You are trying out for a role in the school play

3.