

## From the BAES School Counselors

# POSITIVE SELF-TALK

**Self-talk** is the voice in our head that goes on throughout the day. This can be both positive or negative.

For **positive self-talk**, you might say to yourself: “I can do this”, “It’s okay to make mistakes”, or “I deserve all good things”. This voice is positive and encouraging. Using positive self-talk can help you feel more confident, motivated, and ready to accomplish tasks

**Negative self-talk** may sound like this: “I’m always horrible at math” or “I can’t do anything right”. This approach can damage self-esteem and ability to be productive.

**By using self-talk, you can change your thinking and become more positive just by changing the way you think!**

### **Directions for the Positive Self-Talk Flower:**

1. Print out or trace the flower template.
2. Students should write their positive self-talk messages on the petals. These can be created by the student or taken from the provided list.
3. Students may color the front of back of the flower.
4. Fold the petals down.
5. Open the flower up and read your messages! Then, keep it in a place that the student can look at during challenging times.

### **Directions for the Positive Self-Talk Sticks/Strips:**

1. Use either popsicle sticks or create strips with construction or cardstock paper.
2. Students should write their positive self-talk messages on the popsicle sticks or strips of paper. These can be created by the student or taken from the provided list.
3. Put completed popsicle sticks or strips of paper in an empty jar or cup.
4. Place the jar or cup in a place where students can easily access them. When they need to be reminded of a positive thought, they can use this during challenging times.

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## Example Positive Thoughts and Affirmations

- |  |  |
|--|--|
| <ol style="list-style-type: none"><li>1. I am enough.</li><li>2. I am smart.</li><li>3. I am an amazing person.</li><li>4. I forgive myself for my mistakes.</li><li>5. My challenges help me grow.</li><li>6. Today is going to be a great day.</li><li>7. I have people who love and respect me.</li><li>8. I believe in my goals and dreams.</li><li>9. I can get through anything.</li><li>10. I am kind.</li><li>11. I can do better next time.</li><li>12. Everything will be okay.</li><li>13. I believe in myself.</li><li>14. I am strong.</li><li>15. I deserve to be loved.</li><li>16. I matter.</li><li>17. If I fall, I will get back up again.</li><li>18. I am whole.</li><li>19. I can do anything</li><li>20. I can be anything I want to be.</li><li>21. I choose my own attitude</li></ol> | <ol style="list-style-type: none"><li>22. Anything is possible.</li><li>23. I can change the world.</li><li>24. I am calm and relaxed.</li><li>25. I am a leader.</li><li>26. I am a positive person.</li><li>27. I am beautiful inside and outside.</li><li>28. No matter how hard it is, I can do it.</li><li>29. Wonderful things are going to happen to me.</li><li>30. I can take deep breaths.</li><li>31. With every breath, I feel stronger.</li><li>32. I am thankful for my family.</li><li>33. I am thankful for my friends.</li><li>34. I am thankful for today.</li><li>35. I've got this.</li><li>36. Today, I am going to shine.</li><li>37. I am going to get through this.</li><li>38. I am in control of my own emotions.</li><li>39. I'm prepared to succeed.</li><li>40. Everything is fine.</li><li>41. I accept myself for who I am.</li><li>42. My happiness is up to me.</li></ol> |
|--|--|



BE Positive

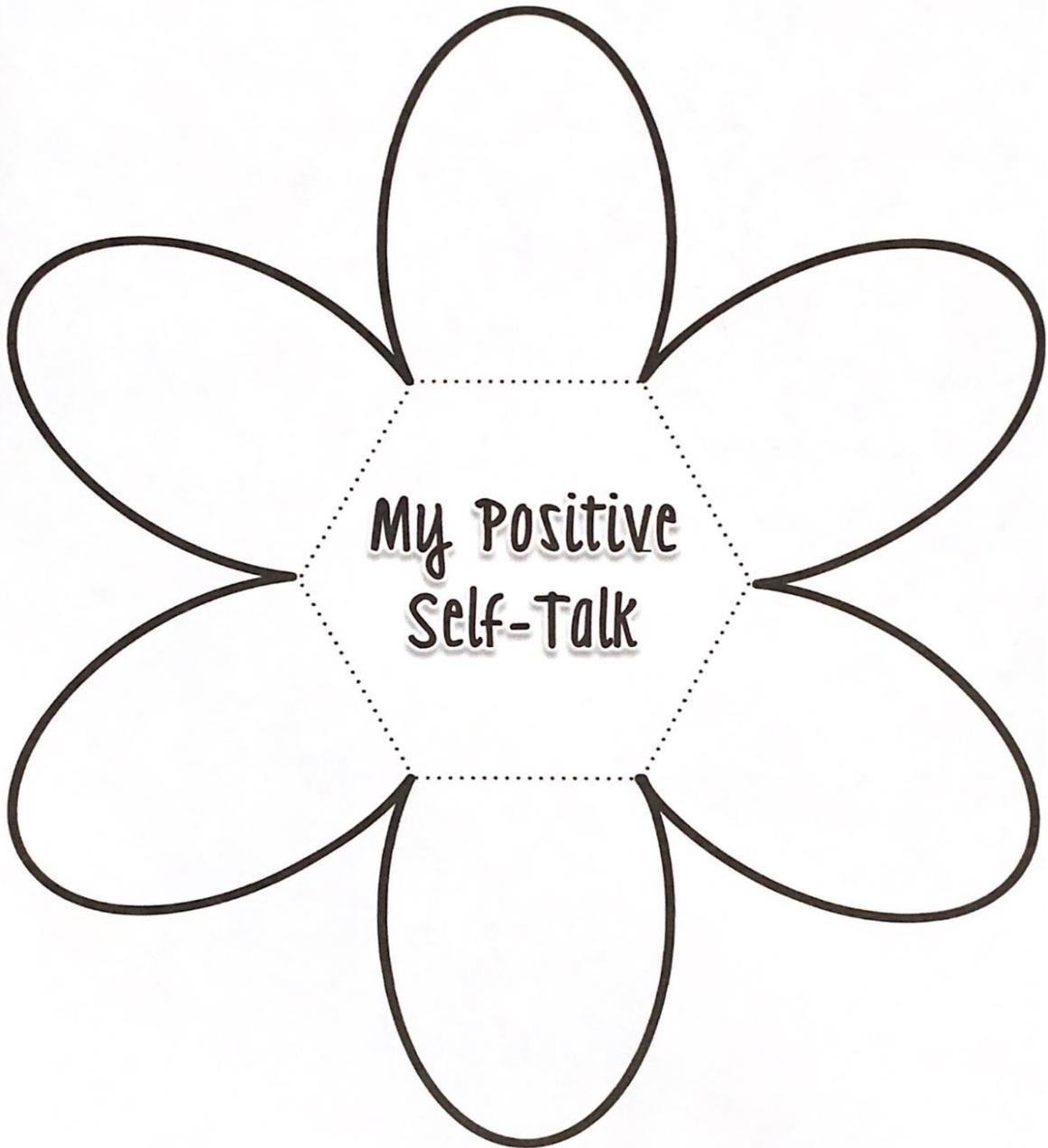


BE amazing TODAY



think POSITIVE

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# Grounding Technique - Zen Walk

## What is a Grounding Technique?

Grounding is a technique that helps keep someone in the present! It can be especially helpful in managing overwhelming feelings or intense anxiety. Something many of us are feeling right now!

## What is a Zen Walk?

A Zen Walk is a form of mindfulness that we apply to the simple process of walking! During Zen Walks we focus the mind on the movement of walking!

## How do I take a Zen Walk while using the Grounding Technique?

Many of us have been cooped up in our homes for the last few weeks but as the weather begins to warm up, we should take advantage of it! To use the Grounding Technique while taking a Zen Walk, do the following:

- Name **5** things you can **see**



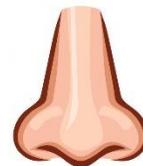
- Name **4** things you can **feel**



- Name **3** things you can **hear**



- Name **2** things you can **smell**



- Name **1** good thing about **yourself**



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If your student is struggling during these stressful and uncertain times, try helping them work through some or all of these coping skills!

## A TO Z OF COPING SKILLS

<b>A</b> ASK for help	<b>B</b> BREATHE deeply and slowly	<b>C</b> COUNT forwards or backwards	<b>D</b> DRINK some cold water
<b>E</b> EXERCISE run, jump, skip, kick a ball or walk fast	<b>F</b> FIND a safe place	<b>G</b> GO to your happy place	<b>H</b> HUG a friend or family member
<b>I</b> IGNORE people who are annoying you	<b>J</b> JOKES to help you laugh	<b>K</b> KIND hands. Keep them to yourself	<b>L</b> LISTEN to calming music
<b>M</b> MEDITATE use yoga or mindfulness	<b>N</b> NAME the emotion you are feeling	<b>O</b> OBSERVE Use mindfulness techniques	<b>P</b> PAINT your feelings
<b>Q</b> QUESTION your thoughts	<b>R</b> RUN as fast as you can	<b>S</b> SEPARATE yourself from the situation	<b>T</b> THOUGHTS negative to positive
<b>U</b> USE your safe place	<b>V</b> VOICE your concerns	<b>W</b> WRITE down your feelings	<b>X</b> EXHALE breathe out your feelings
 <a href="http://www.elsa-support.co.uk">www.elsa-support.co.uk</a>	<b>Y</b> YELL as loud as you can into a pillow	<b>Z</b> ZONE out and relax yourself	

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Create Your Own!

## A TO Z OF COPING SKILLS

A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P
Q	R	S	T
U	V	W	X
 ELSA support www.elsa-support.co.uk	Y	Z	