



THE CATHOLIC ACADEMY
OF STAMFORD

Positive Self Talk

Since school has started many students are getting into the rhythm of classroom expectations, managing classwork and homework, and beginning new experiences and activities that may have not happened before. This is what has led me to this month's newsletter focus and that is the big impact that a little positive self talk can have. This month I supported a student who abruptly felt sad for having to go to her first gymnastics class after school. My small words of encouragement and positivity helped change her mindset for the entire day! It went a little like this "but what if you have so much fun. You will be able to practice your cartwheels and handstand. Your teachers will also keep you safe there". These small sentences in a two minute window changed her day around. She went back into her classroom happy and even raised her hand to participate and received a prize for knowing the right answer. It is small moments like these that can change a students day and small positive impacts on their brain that can last a lifetime.



Definition: Positive self talk is the practice of using kind, realistic, and encouraging words when talking to ourselves.

As adults we know that not everything is easy or that sometimes things take some more time but for children it helps them respond to challenges with a more balanced and supportive mind.



What does positive self talk sound like for children?

Instead of:	Try:
I can't do this	This is hard, but I can keep trying
I'm terrible at math	I do not understand this but I can ask my teacher for help and practice
I always mess everything up	I made a mistake, mistakes help me learn, what can I do differently next time

Middle school students experience self-talk a little differently. They may start becoming very aware of others and often comparing themselves to others. I have noticed in my years as a school counselor that it is important to take every word a teen says seriously. It is important to acknowledge what they are saying and then also take their feelings into consideration because if they are feeling and saying it, it is coming from somewhere.

Instead of:	Try:
I don't know what to do	We are all different, we all have different strengths and weaknesses
We don't talk, he or she does not like me	We do not have anything in common right now maybe in a couple of weeks we will
That never works, I already tried it	Let me try a different approach



Positive self talk can take some time. Praising students' effort, and growth can also go a long way. Positive self-talk is not only telling children to be positive all the time, it is acknowledging the feeling and then helping them to find a more helpful thought. Thank you.

Sincerely, Mrs. Grijalva