



## Verbal Behavior: Positive Self-Talk

**Words are powerful! Engaging in positive self-talk verbal behavior can boost self-confidence, self-esteem, self-control and resilience!**

The following is a link to a short video on the power changing of verbal behavior to positive self-talk:

<https://www.bing.com/videos/search?q=positive+self+talk+flower&docid=607990845568911988&mid=510D131131803F6ED71C510D131131803F6ED71C&view=detail&FORM=VIRE>

### Teach Positive Self-Talk to Your Child!

1. Be an example of positive self-talk
2. Recite positive affirmations
3. Start a gratitude journal
4. Rephrase negative self-talk
5. Encourage a growth mindset
6. Role Play
7. Fill your child's bucket



# Positive Self-Talk Flower

Below is an activity that you can do with your child to **help them change their verbal behavior by replacing negative self-talk with more positive statements.**

## DIRECTIONS:

Help your child to fill in the flower with positive self-statements.

- In the center of the flower, write the phrase “What I Like About Me”, “I am...”, or “I can...”, for your child.
- In each of the flower petals, have your child write (or scribe for him/her), the positive self-statements (positive character traits, abilities, etc.) that he/she possesses.
  - If your child makes a negative self-statement, guide them to a positive version of the statement or help them to focus on a different positive attribute.
- This is your chance to help your child **“Retrain their Brain”!**
- Have your child color the flower once the positive self-talk statements are written in each of the petals.
- Next, have your child cut out the flower! The flower can be posted in a central place/location within your home (like the refrigerator). When your child engages in negative self-talk, remind them to look at the flower and help your child to rephrase any negative self-talk verbal behavior that he/she engages in!



Two blank flowers (5- petal, 7 petal), are provided for you on the next two pages.

**NOTE:** The “flower” visual can also be used to record calming strategies on each petal with the title on the center of the flower changed to “Calm down strategies I can use when I am \_\_\_\_\_ (angry, frustrated, anxious, etc.). Make a garden of positive self-talk statements!



**Can you think of other uses for the powerful flower?**



