



Burger's Bulletin

April 2021
Volume 5
Article 7

It's that time of year again where the seasons are changing, we're seeing glimpses of summer and the end of the school year draws closer and closer. I hope that each of you have the opportunity to spend quality time with your families over the break and are ready to end the school year strong! Something that we've been working on a lot this year with our students is the connection between how we think and how we feel. More specifically, how we think about ourselves can impact how we feel about ourselves. I hope the strategies in this newsletter will help you and your family learn more about the importance of positive thinking and positive self-talk as we continue to work hard and end the year strong!



Contact Me!
Marie Burger
716.694.6805 ext 1745
mburger@tonacsd.org

Remember, our thoughts and feelings are connected to our behavior and how we see the world around us (and not just for adults!)

Positive self-talk, especially in children, can be a really important tool to reinforce to help your child grow a sense of self-worth and build their self-esteem.

While negative self-talk can be subtle in our kids, pay close attention to how they choose their words and the meaning they give to what they say. Sometimes even the smallest thing can really hold a lot of power over our kids' lives. Below are some strategies to help reframe negative self-talk to promote positive thoughts and positive self-talk.



The Power of Positive Self-Talk www.thepathway2success.com		
Builds Confidence 	Improves Attitude 	Promotes Self-Love
Helps Cope with Stress 	Allows for Taking Risks 	Encourages Motivation
Helps Work Through Challenges 		

healthy Self-Talk © 2014 The Pathway 2 Success	
THIS	NOT THAT
✓ Whoops. I made a mistake.	✗ I'm so dumb.
✓ I like me.	✗ No one likes me.
✓ I did something bad.	✗ I'm a bad person.
✓ This is really hard, but I'm going to keep trying.	✗ I give up. I'll never be able to do this.
✓ I haven't figured it out...yet.	✗ I never get anything right.
✓ I am enough. And worthy, too.	✗ I'm not good enough.

Quote of the Month:

“Remember
HAPPINESS
doesn't depend
upon who you
are or what you
have; it depends
solely on what
you think.”

Dale Carnegie

Please Note:

I am at Riverview School on Thursdays from 9am-12:30pm where I can be reached by calling 694-7697 ext 1235. I can be reached at Mullen by calling 694-6805 ext. 1745. **Email is preferred** and the quickest way to reach me!

Have a happy and safe April!

Remember to check out my website for helpful links:

<https://sites.google.com/tonacsd.org/tcsdschoolsocialwork>

You can also join my Remind: Text @burger2020 to 81010

Email Me:

Mburger@tonacsd.org

Call Me:

Mullen: 716.694.6805 x1745

Riverview: 716.694.7697x1235