

# \* Be Kind to Yourself! Newsletter

Positive Self-talk, Week 10  
Mrs. Scammacca, W.E.S. School Counselor

5-26-2020

## Positive Self-Talk

### What is Positive Self-talk?

Positive-Self talk is when you give yourself kind and encouraging messages. What are you telling yourself? Self-talk is a mental strategy using short phrases or a few words to motivate and encourage you to do and feel your best. Positive Self-talk can help you:

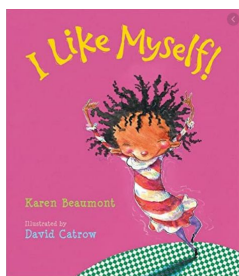
- improve your focus
- Promote self-love
- take healthy risks
- cope with stress
- get through the tough times

### Self-talk for Flexible Thinking & building Resiliency

- ★ I can handle this.
- ★ I can try new things.
- ★ I can ask for help.
- ★ I can do things a different way.
- ★ I can keep myself calm.
- ★ I can think of a different solution.

### I Like Myself!

by Karen Beaumont

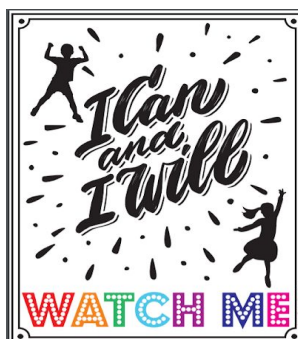


What do you need to hear more of? Power up with **WORDS** that make you feel strong, confident, and ready!

## Positive Affirmations

### What are Positive Affirmations?

Affirmations become mantras for children when they are repeated over and over to oneself, out loud or silently. They change how we feel by aligning and attuning body, mind, and heart around a life-enhancing aspiration. In other words, affirmations are another technique for kids to use to set themselves up for doing their best and feeling good about their efforts. Affirmations help children understand that, like the food they eat, the thoughts they think also shape how they feel and behave.

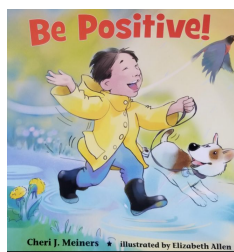


- I am healthy and strong.
- I am confident and capable.
- I learn best at my own pace.
- I am safe.
- I am loved.
- I love and accept myself!

### Be Positive

by Cheri J Meiners

Read by Mrs.Scammacca



## Family "I AM" Board



Have every family member write their affirmations down on post-its, white board, or poster board in a designated area. At the beginning of each day we take turns choosing a positive affirmation, taking turns saying it out loud several times. As parents we can actively model self-kindness for our children, reap the benefits ourselves, and have some family fun in the process!

### Promoting Daily Positive Thinking for Students



Play this slideshow in the morning to get you pumped and ready for the day!

Want to start off your day with hi-fives and sunshine?? (K-2)  
Check out [GO with YOYO!](#)



**Be Kind to Yourself!**  
**We miss you!!**

