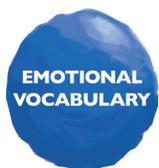


● RESILIENT Activity 2

Talk About It

PRACTICE

Understanding and managing upset feelings  
Using positive self-talk



Self-talk is what we say in our heads to ourselves. **Positive self-talk** makes us feel good about things. **Negative self-talk** doesn't.

Materials: Bug, Scared, Shy, Hurt, Jealous, Left Out, Happy, Silly

"Sometimes it's hard to ask others to play because of how we are feeling. For example, if I am feeling scared, I might not want to ask someone to play. Let's look at the feelings and decide which ones could make it hard to ask someone to play." Hold up each feeling pillow and have students decide if the feeling could make it difficult to ask to play. Have students think of positive self-talk statements that might help calm those feelings. (See suggestions below.) Tuck those feelings into Bug's pouch.

EXAMPLES OF FEELINGS THAT  
KEEP YOU FROM ASKING TO PLAY

EXAMPLES OF POSITIVE  
SELF-TALK STATEMENTS

**SCARED** people will tell you that you can't play

"It can't hurt to ask."  
"If they say no, I'll find other kids to play with."  
"Maybe they will say yes."

**SHY** and uncomfortable asking to play

"I'm going to push myself to ask."  
"I can ask to play even if I feel shy."

**HURT** and still upset because a friend was not nice to you the other day

"I won't hold a grudge. Today is a new day."  
"I bet she was just having a bad day yesterday. I'm going to see if she wants to play today."

**JEALOUS** and upset because your friend is having fun with someone other than you

"She can have more than one friend."  
"She looks like she is having fun with someone else. That doesn't mean she doesn't still like me."

**LEFT OUT** and thinking no one wants to play with you

"Of course people want to play with me."  
"Today is a new day. I'm going to get myself included in something fun."