

## Objective

By the end of this lesson, students will be able to practice using positive self-talk to reframe a challenging situation.



**Bold**—Teacher’s script  
*Italics*—Anticipated student responses

## Program Themes

Resilience, Staying Calm, Thoughts and Emotions

## Prep

- 60-second timer
- Partners

## Lesson Note

Have students save their written work. They’ll need it to complete the Activity in Lesson 19.

## CASEL Core Competencies

Self-Awareness, Self-Management

## Warm-Up (5 min.)



Set the purpose for today’s lesson.



Review the last lesson.

Give students time to think about the question on the screen. Then call on students at random to share their responses.

Select the Review button for a summary of what was learned.



Give students 60 seconds to write their responses to the prompt on the screen.



Give students 60 seconds to write their responses to the prompt on the screen. **Now look at your lists and add up how many things went right, and how many things went wrong.** Give students time to count.



Read the prompt on the screen aloud. Comment on how many students put their thumbs up. Read the definition on the screen aloud.

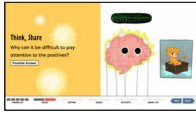
## Video (4 min.)



Introduce the video. **We’re going to watch a video about why it’s easier for us to focus on the negatives.** Play the video.

**Now that you know it’s natural to focus more on the negatives than on the positives, you can push yourself to learn and practice focusing more on the positives.**

## Video (cont.)



Give students time to think about the question on the screen. Then call on students at random to share their responses. Select the Possible Answer button to show a sample answer.

## Define (1 min.)



**Positive self-talk is another strategy you can use to manage your emotions.** Read the definition and description on the screen aloud.

**It sounds simple, but it takes practice and time to build a habit.**

## Video (5 min.)



Introduce the video. **We're going to watch a video of students describing how they used positive frames and positive self-talk during stressful situations. As you watch, notice how using these strategies made a big difference in their stressful situations.**

Play the video.



Give students time to discuss the question on the screen. Then call on students at random to share their responses. Select the Possible Answer button to show an example answer.

## Activity (5 min.)



**Now you'll practice using a positive frame to notice good things in your life.** Have students write their responses to the prompts on the screen.



Read the prompt and instructions on the screen aloud and give students time to complete the activity.

## Wrap-Up (5 min.)



Have students write their responses to the prompts on the screen. Call on volunteers to share their responses.

Remind students to save their written work.



Conclude the lesson by encouraging students to take action on what they learned. Select the Sneak Peek button to introduce the next lesson's topic.