



POSITIVE SELF-TALK AND PERSONAL AFFIRMATIONS

GOAL: Students understand the power of the way we talk to ourselves and write personal affirmations that they can use on a daily basis.

TIME: 40 minutes

MATERIALS: Affirmation Activity Sheet, dictionaries or thesauruses for students to share

LESSON STEPS:

- Set up the lesson by explaining that people often “talk” with themselves in their minds throughout the day—and how we do that can greatly influence how we feel. Give students clear examples of positive and negative self-talk. For example, if you have papers to grade and you tell yourself, “I’m never going to get this done! Ugh, this is the worst!” then you will feel different than if you say, “I can do this! I’ll find time and work through it. It will all be okay.”
- Introduce the word *affirmation*. Have students investigate its meaning using its Latin root and affixes (including using a dictionary/thesaurus). What clues do the roots give about the word’s modern meaning? For example, you can say: “Many words contain hints about their meaning. Affirmation is a long word, but we can break it into parts to help figure it out. I see the suffix *-tion*. I’ve seen that before. What other words end in the same way? (Possible responses: *addition—the action of adding, subtraction—the action of subtracting.*) This suffix shows that the word is an action. That leaves us with the word *affirm*. I see the word *firm* there. What does that word mean? (Possible response: *strong, solid.*) Based on these parts of the word, what do we think the word *affirmation* could mean? (Possible response: *the action of making something stronger.*)”
- Have students investigate the meaning of *affirmation* using a dictionary. Did the roots give accurate clues about the word’s modern meaning?
- Discuss how daily affirmations can help people feel more empowered to handle situations. Through a daily affirmation or positive motto, we can actually change the way we think. Explain that this is a tool they can use to help manage their emotions.
- Develop a list of possible affirmations as a class. Provide several examples, and ask students to provide examples as well.
 - I am strong and brave.
 - I can do it!
 - Even when things get hard, I can keep trying and get through it.
- Have students use the Affirmation Activity Sheet to develop their own statement.
- Ask students to get creative and design a bookmark featuring their affirmation statement.
- Students can use the bookmark during their daily reading for a visual reminder to use positive self-talk.

Extensions:

- As a class, develop a positive affirmation wall that students used in this lesson.
- Investigate the roots of other positive words, such as:
 - **Empowerment:** What other words do students know that end in *-ment* (meaning “state of”)? (e.g., judgment) What other words do students know that include *power*? (e.g., powerful)
- Inspiration can come from many sources! Encourage students to be on the lookout for affirmations in books. Do any characters have their own statements of affirmations?

MY NAME

MY MOOD TODAY (CIRCLE)



MY PERSONAL AFFIRMATION



Self-talk is a powerful way to help manage your emotions. An **affirmation** is a **positive personal statement that you can say to yourself** each day, whenever you need it.

DIRECTIONS: Use the prompts below to create your own affirmation.

1. What is a message that you can repeat each day to feel more confident or calm? Brainstorm a few ideas below. Say each one to yourself and see how it makes you feel. Circle your favorite. _____

2. Is there a more powerful word you could swap into your affirmation? Check a resource like a thesaurus. Example: Replace “do” with “achieve.” _____

3. Why is this message important to you? When (or in what situations) might this affirmation be helpful for you to use? _____

4. Use the space below to create a bookmark with your affirmation statement. Then, cut it out. You can use it every day when you read!



BONUS: If you'd like, decorate your bookmark with stickers or color. Or punch a hole on top of your bookmark and knot a ribbon through it.