

Teaching Social Skills and Creating Successful Students by Making Positive Self-Comments

SKILL TO TEACH	Positive Self-Talk. This skill has been adapted from Making Positive Self-Comments in Teaching Social Skills to Youth 4th Edition, available at boystownpress.org .
AGE	All Grade Levels
OBJECTIVE	Students will choose four Positive Self-Talk phrases and create a bracelet for each phrase.
MATERIALS NEEDED	<ul style="list-style-type: none"> • Positive Self-Talk Poster • Marker to write on the white board • Slip of paper for each student • Bracelet-making materials (can also use thick rubber bands and sharpies)
PLANNED TEACHING	<p>Introduce the Skill</p> <ul style="list-style-type: none"> ■ At Boys Town we know it's important to Teach Love. When we say 'teach love' we mean showing human kindness and giving praise. ■ Ask your students: <ul style="list-style-type: none"> • Who are some people you show kindness and love to? • What statements of praise do you give them? • Sometimes we're in a grumpy mood or make a mistake. Do you think it's also important to show love and kindness to ourselves? • How do you praise yourself? <p>Describe the Appropriate Behavior</p> <ol style="list-style-type: none"> 1. Identify things you do well. 2. State your accomplishment honestly and avoid exaggerating. 3. Begin with "I can..." "I am..." "I am proud of..." 4. Avoid putting down the efforts of others. 5. Make sure new topic is appropriate for your setting. <p>Give a Reason</p> <ul style="list-style-type: none"> ■ We'll feel better and do better when we recognize our own strengths more than our weaknesses. We can't show love for others until we make sure our own buckets are full and that we've shown kindness to ourselves. <p>Practice</p> <ul style="list-style-type: none"> • Introduce bracelets and example positive self-talk. • In small groups, brainstorm positive self-talk. • Share ideas as a whole group and leader/teacher lists ideas on the board. • Each student writes down the phrase they'll put on their 'praiselet'. • Teacher/leader demonstrates how to make 'praiselet'. • Students make 'praiselets'; adults circulate the room.

Making Positive Self-Comments

DISCUSSION

- Discuss these prompts with your students:
 - We talked about positive self-talk. Someone remind us- what is positive self-talk?
 - What are some examples? How does it help us?
 - You made positive self-talk 'praiselets'. How might these teach you to say positive comments to yourself?

HOMEWORK

- Encourage students to have the number of **Positive Self-Talk** comments outweigh the number of negative comments.