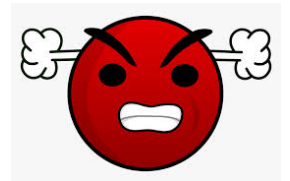


A positive attitude is the first step to having a growth mindset. By having a positive attitude you will learn to be more optimistic and see the bright side of things. Positive self-talk can have a big impact on how you think and feel. Over time the more you self-talk with positive happy thoughts it will reduce stress, improve your self-esteem, you will become more motivated and want to do things with confidence.

How do you self talk? You self talk by talking to yourself not out loud. Its an inner voice in your head that you can positively talk back to you if you train it to do so.



ex; Lets pretend you were really looking forward to going to a party but it was suddenly cancelled. You feel very disappointed, sad, angry and frustrated. You start to say horrible upsetting words, blame other people or you might get really angry, cry, hit out or have a meltdown.



If you, before you felt your feelings getting out of hand had just STOPPED and THOUGHT ABOUT IT THINGS WOULD OF BEEN DIFFERENT. YOU WOULD FEEL OK WITH THE SITUATION.



Instead of being negative, you could of said positive words like. Its a shame the party was cancelled I was really looking forward to it and meeting up with my friends but never mind, there must be a good reason it was cancelled. I really hope it might be arranged for another day.



You have just stopped the tears and upset by self talking positively.



Write down a time you got angry over something.



Think back, how did you feel and what did you do?

Now, using positive thoughts what should you have done differently?



- Use proper body language. ...
- Know the difference between being assertive and being aggressive. ...
- Select effective communication channels. ...
- Flexibility and cooperation are essential social skills. ...
- Accept criticism without being defensive. ...
- Remain positive at all times. ...
- Be teachable and be a good student.

Strategies to teach:

- Model having a positive attitude, even when things don't go as planned (ex: "I was really looking forward to outdoor recess today, but now I am excited to play some chess instead!").