

# SELF-TALK IN KIDS



## Empathize

Acknowledge the hard time they're having.



## Correct them

Teach them to use positive thoughts.



## Me too

Talk about similar situations you've gone through.



## Model Positivity

Show them what optimistic thinking looks like.



## The power of "yet"

Add "yet" to the end of their negative talks. "I can't do this." "..yet."



## Remind them

Redirect their focus to things they have already accomplished.