

Children's Connection Curriculum

Session Topic: Abuse (Self Talk Game)

Developmental Level: Elementary and Middle School

Purpose: To help children use self talk in different scenarios.

Materials Needed: Self Talk Scenarios printout cards

Description of Session: Copy the Self Talk Scenarios and cut them apart. Have students sit in a circle or around a table. Explain to student what self talk is and when it can be used. Share about how with others try and put you down, you may need to use self talk to not let their words hurt you, for example. Have the students take turns drawing a scenario and then sharing it with the group. Once the scenario is shared have the student share what self talk could be used from the scenario on the card. Allow other students in the group to help if the student choosing the card has a hard time coming up with a self talk statement. This may take some practice and several rounds if the students are not familiar with the idea of self talk and what they can do. Creating a list of positive statements they can say to themselves may need to be created on a board or poster for students to refer to.

Discussion Questions: Ask students to share about a time they used self talk. Ask students if this will be a hard thing to do and who they can teach it to to help others.

Reference: 12 Stepping Stones by Suzanna Diou & Lois Caldwell, p. 81, 84