

HOW TO HANDLE NEGATIVE 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.



The Speech Practice