

# Practice/

# Activity

## PERFORMANCE - Resilience

Negative self-talk is something that keeps us from our greatest potential. Ask students to make a list of all the ways they talk to themselves in a negative way.

Have them go back and review what they wrote.

Are these things they would say about a close friend?

How might you encourage them to change the language from their list to reflect what they would say to a friend?

For example:

- From: I can't do this! To: This is new or difficult.
- From: I don't know how to do this! To: I am willing to try.