

NAME: _____

DATE: _____

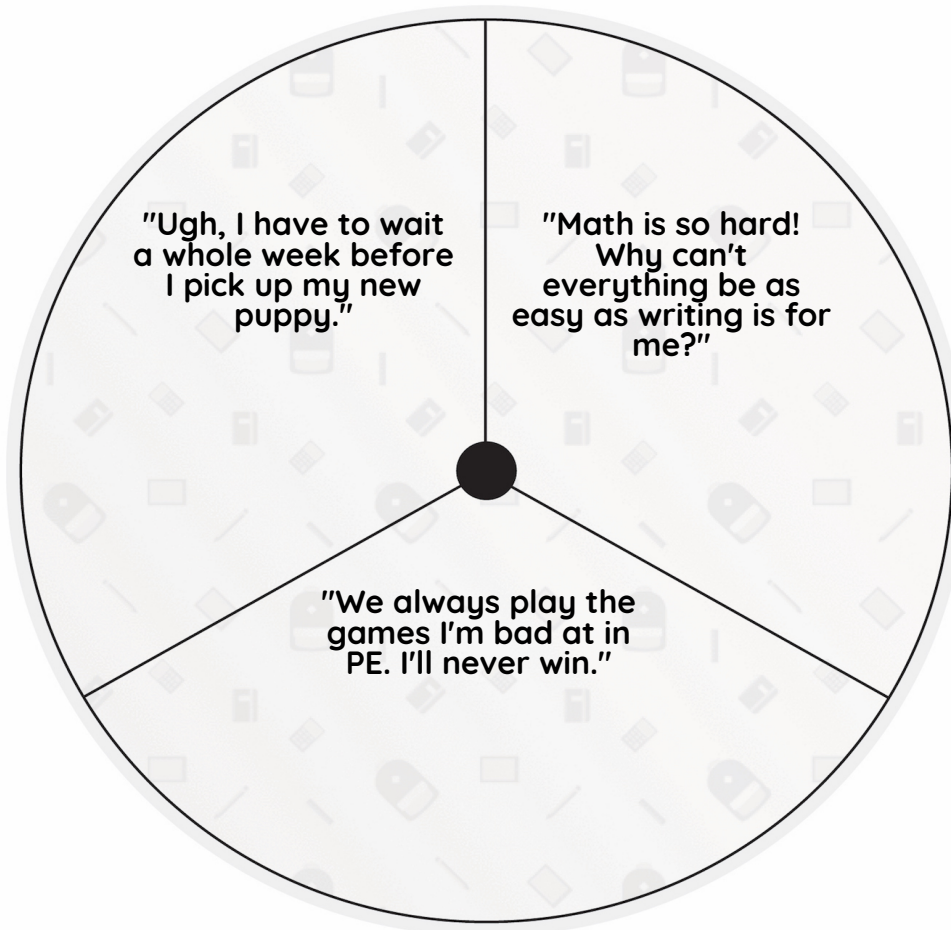
Everyday Speech **ACTIVITIES**

Think Positive: Improving Self-Esteem and Confidence

It's important for students to learn self-confidence and improve self-esteem. Sometimes we need reminders to "Think Positive". Spin and turn each negative comment into a positive!

*Use a pencil & paper clip to create a spinner with the circle below.
Each time you land on a situation:

Read each negative comment or situation and turn it into a positive.



Focusing on the positive instead of the negative helps us feel good about ourselves. Next time you have a negative thought, see if you can make it into a positive one.