



Chapter 9-11

Exploring Setbacks

Self-Talk

Suggested Duration: 50 min.

Lesson Objectives

Students will learn to recognize their negative self-talk and think of ways to change their thinking to be more positive.

Summary of Tasks/Actions

Lesson Planning/Suggested Actions:

- 1) Explain the concept of “Self-Talk” to the students. “Self-Talk” is that little voice we all have within us that tells us when we’re doing something well/feeling positively about ourselves (i.e., “I can totally do this!”), or not doing something so well/feeling negatively about ourselves (i.e., “I am so stupid!”). Sometimes, our critical and negative self-talk is more prominent than our positive self-talk, especially during adolescence. Fortunately, we can practice eliminating negative self-talk by replacing it with more positive thoughts and messages. For example, instead of thinking “I am so stupid!”, a student can identify their negative self-talk and replace it with “I bet if I try harder, next time I’ll do better”) [see also, chapter 6 regarding cognitive distortions – the original thought is an example of labelling and possibly fortune telling].
- 2) As a class, have the students brainstorm negative self-talk that the characters may be experiencing up to this point in the novel. For example, what negative thoughts might Harry have been experiencing when he left his Aunt’s and Uncle’s house? Or when Hermione is in Professor Trelawney’s class, what negative thoughts could she be having?
- 3) Have the students separate into groups and provide each group with a stack of Post-It notes. Ask the students to brainstorm negative self-talk messages that either a) the characters in the novel could be saying to themselves or b) that kids their age often say to themselves. Have them write each one of these on a Post-It note.
- 4) After about 10 minutes, collect all of the Post-It notes and put them in a hat. One by one, pull out the Post-It notes and read the message to the entire class. Invite the class to brainstorm how they would talk themselves or their peers out of this negative self-talk and make the message more realistic.

Materials/Equipment:

- Post-It notes
- Hat or bag