



Sam Davey 3-5

SEL At-Home Learning

Topic: Positive Self Talk

Having a positive attitude is an important character trait to have. Thinking positively can be VERY hard to do sometimes, but when we think positively, we feel better about ourselves. Especially during these times, it might be harder or not?

Prepare a blank piece of paper and coloring supplies. Draw a picture of yourself and write down three positive things about yourself on the paper. Once finished, ask family members at home to write two positive things on your portrait. Once all family members have had a chance to write something positive on your portrait, share together as a family by reading all the positive comments together.

Possible questions to ask yourself and your family:

1. How did this make you feel?
2. Were there some comments that you never thought of before?

Weekly Challenge:

Give one compliment to each family member and tell them why you appreciate them.

Remember: “Thinking positively about ourselves and others is something that is very important. When we think positively, it makes us feel better about ourselves and it helps others as well.