

# Norwood Aquatics Club

## *Life Skills #1*

### Negative Self-Talk

#### **Negative Self-Talk Affects Everything WE DO!:**

- How we perform in school, sports and other activities.
- Our relationship with our friends and family.
- How we feel about ourselves.

***Write down some examples of how we behave or treat others if we have negative self-talk.  
(Write words or draw pictures below to show this.)***

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#### **Times we have negative self-talk:**

- Trying new things we haven't done before.
- Repeat things we hear others say about us that are not true.
- Feeling like we don't belong or aren't good enough.
- Worrying about what others think of us.
- We don't perform in school or sports the way we want to perform.

***Write down some words that describe how you feel when you have negative self-talk.  
(Write words or draw pictures below to show this.)***

# Norwood Aquatics Club

## *Life Skills #1*

### Positive Self-Talk

#### **Positive Self-Talk Affects Everything WE DO!:**

- How we perform in school, sports and other activities.
- Our relationship with our friends and family.
- How we feel about ourselves.
- Our ability to achieve our goals or become skilled at new things in school and outside of school.

***Write down some examples of how we behave or treat others if we have positive self-talk and feel good about ourselves.***

***(Write words or draw pictures below to show this.)***

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#### **Times we have or should have positive self-talk:**

- ALL THE TIME!
- Hearing positive things from others about ourselves.
- When we perform well in school, sports or other activities.
- When we achieve a goal or something we have been working real hard to achieve.
- When we are trying new things and need to work at building or improving our skills.
- When you are with your friends or family—what you feel about you is important!

***Write down some words that describe how you feel when you have positive self-talk.***

***(Write words or draw pictures below to show this.)***