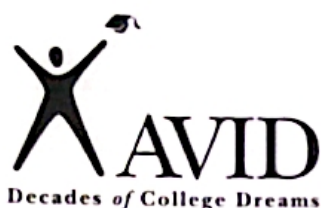


Student Activity 1.5



Name: _____ Grade: _____

Date: _____ Period: _____

Positive Self-Talk

- I. **Written Reflection:** Do you remember the children's story about the little train engine who said over and over again, "I think I can, I think I can"? He practiced positive self-talk and was able to be successful. Describe a time when you practiced "positive self-talk."

- II. **Activity:** Complete the following statements so that they're positive self-talk.

1. Something I'm getting better at is...
2. I'm proud that I can...
3. I can help other people to...
4. I have accomplished...
5. People who expect a lot from me make me feel...
6. I want to be able to...
7. I get praise from others when I...
8. People can't make me...
9. I don't like people to help me with...
10. If I want to, I can...

Student Activity 1.6a



Name: _____ Grade: _____

Date: _____ Period: _____

Declaration of My Identity

I am unique in my _____, _____ and _____.

My family values my _____.

My friends value my _____.

Some people are like me in _____, _____ and _____.

but my identity is my own.

I hope always to preserve my _____, _____ and _____.

I hope to improve my _____, _____ and _____.

And I hope always to be proud to be me.

Signed: _____ Date: _____

Witnessed by: _____ Date: _____

Student Activity 1.6b



Name: _____ Grade: _____
Date: _____ Period: _____

I AM Poem

I. Activity: After completing the Knowledge of Self activities and reflecting on how you see yourself and how others see you, complete each of the lines in this "I AM" poem with a word or phrase that you think best reveals your identity...your true self.

I AM _____

My mother would describe me as _____
My friends call me _____

I keep _____
I remember _____
I've learned _____
I hide _____
I read _____

I shout _____
I AM _____

I see _____
I hear _____
I taste _____
I feel _____
I think _____

I whisper _____
I AM _____

I want _____
I will _____
I won't ever _____
I can _____
I pretend _____

I sing _____
I AM _____

I dream _____
I'm afraid _____
I reach _____
I say I'm sorry when _____
I love _____

I declare for the world to hear _____
I AM _____

Student Activity 1.6b

I AM Poem (Example)

I AM ...strong

My mother would describe me as ... her baby
My friends call me ... hopeful

I keep ... trying
I remember ... lunchboxes
I've learned ... to listen
I hide ... disappointment
I read ... lyrics

I shout ... I'll be right there
I AM ... laughing

I see ... the fog setting in
I hear ... the surf
I taste ... rain
I feel ... a gust of cool
I think ... home

I whisper ... are you awake?
I AM ... determined

I want ... to be remembered
I will ... focus
I won't ever ... throw in the towel
I can ... see the trees
I pretend ... I'm not afraid of failure

I sing ... when no one else is listening
I AM ... stretching

I dream ... of making you proud
I fear ... hurting someone along the way
I reach ... for the moon and land somewhere among the stars
I say I'm sorry when ... I'm wrong
I love ... just love

I declare for the world to hear ... I can and will
I AM ... an AVID learner