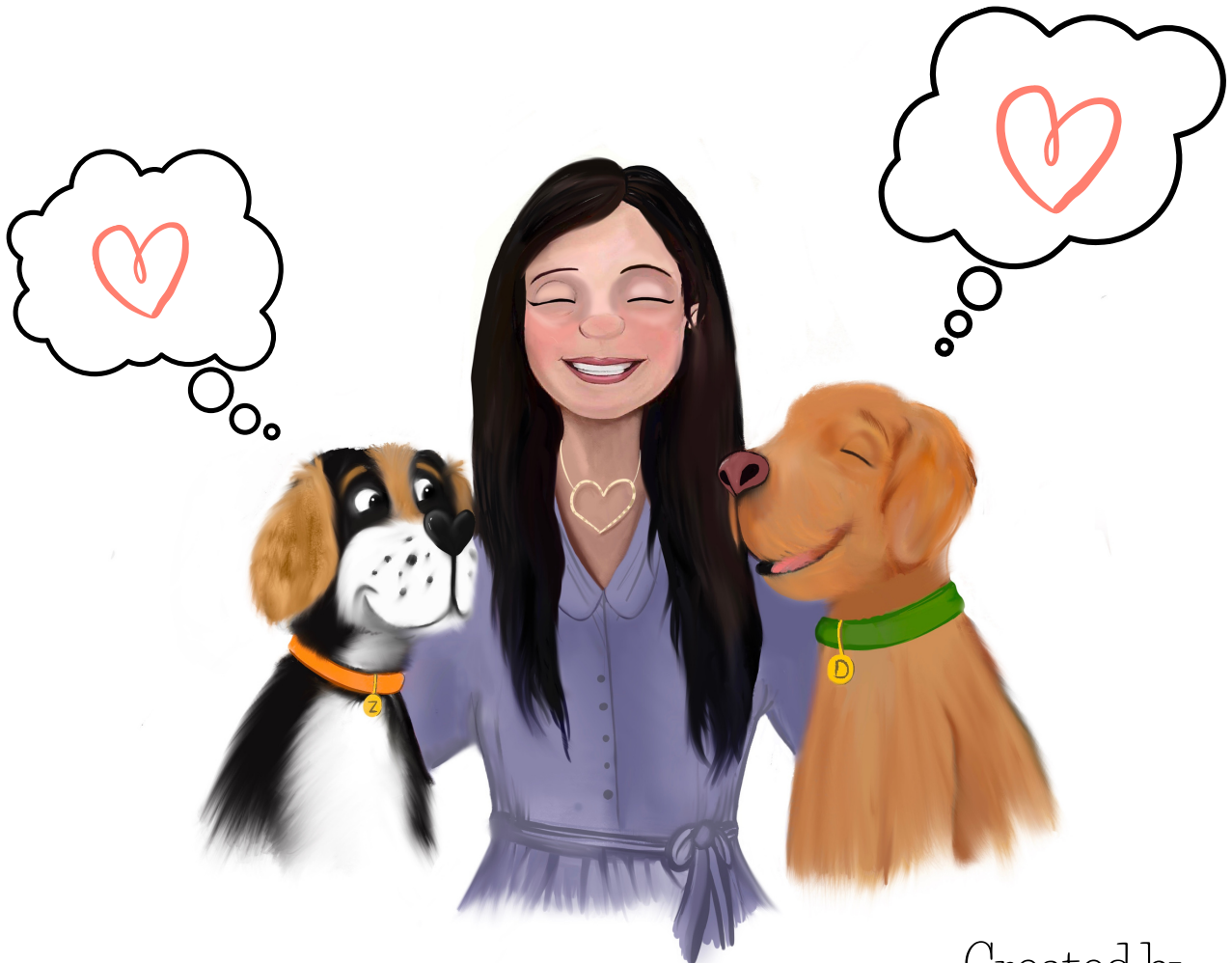


TALK YOURSELF UP

lesson guide

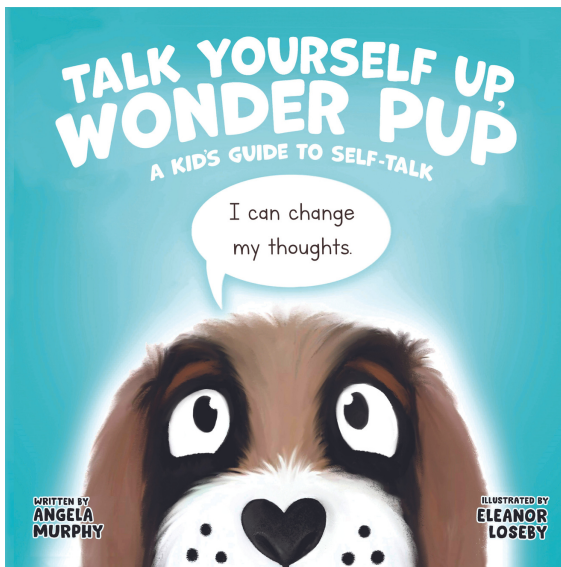
A grownup's guide to supporting children and youth with regulation skills.

(this curriculum is to be used after you have read the Wonder Pup books)



Created by
Angela Murphy





lesson guide

for teaching
positive self-talk



MODEL: TALK TO YOURSELF LIKE YOU'RE TALKING TO YOUR BEST FRIEND

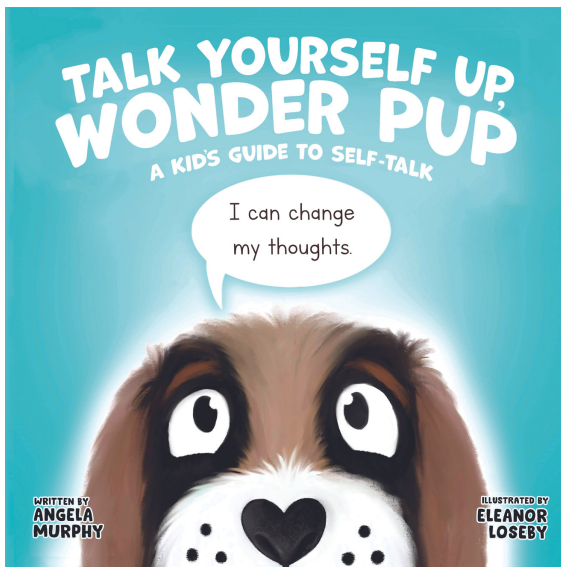
Implicit teaching: it might feel a little strange, but talking your thoughts out loud can be a very powerful tool for children. They are always watching and noticing.

You can say something like: "uh, I made a mistake, I am so dumb. Wait a minute, I notice that's a red thought. I can choose to change it to green. Hmmmm... I made a mistake, and:

I can learn from this.
I can ask for help.
I can keep practicing.
I am still a good person."

You can even ask the child to help you change your red thought to green!





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HAVE FUN! PLAY IS THE LANGUAGE OF THE CHILD.

Wonder Pup Jenga: write red (harmful) and green (helpful) statements on the blocks. Every time a block is pulled, read the statement out loud and say if it is red or green. If it is red, that player has to change it to green.

Wonder Pup Memory: print two copies of the statements on cardstock. Mix them up, place them face down. Play memory but with a twist: when the card is flipped, the player must say if the thought is red or green.

Wonder Pup Bands (like the game Headbandz): see the attached resource with red and green statements. Cut them out. Have the child/ren brainstorm and write more red and green thoughts. Play Wonder Pup Bands with them! One person has the statement on their forehead while the other uses ACT to give hints. The person holding the card can guess at any point in the game.

I am a good friend.

● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●
I will never learn
how to read!

● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●
I am loved.

● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●
I don't know how
to read yet.



I am good at math.

I will never get this
math problem.

I am bad.

I don't know how to
climb the monkey
bars yet.



I'll never learn
my ABC's

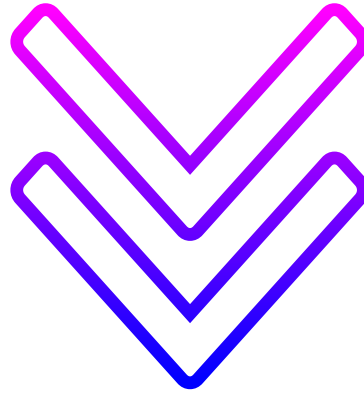
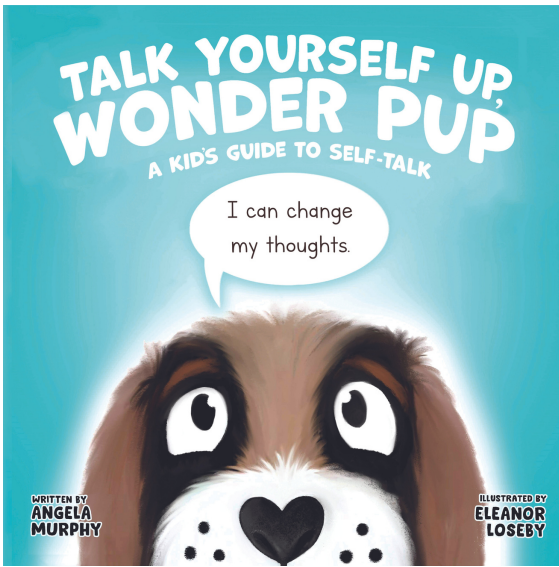
● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●
Nobody cares
about me.

● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●
I am smart.

● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●
I can't do
that yet.







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DO: CREATIVITY GIVES POWER TO
BUILDING CONNECTIONS.

Use the Talk Yourself Up graphic organizers (there are two pages).

Follow the prompts.

Ask the child to share with and teach a grownup in their home about how to change their thoughts from harmful (red) to helpful (green).

Write your thought here:

1

ASK:

Is that a **red**
or a **green** thought?

2

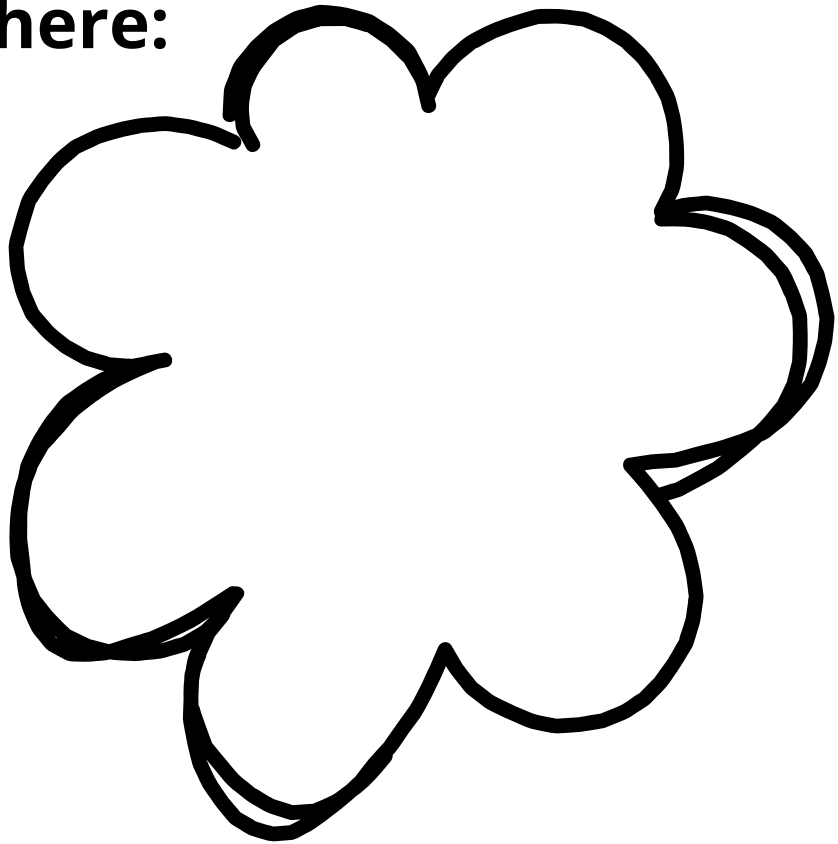
CHOOSE:

to change your **red**
thought to **green**.

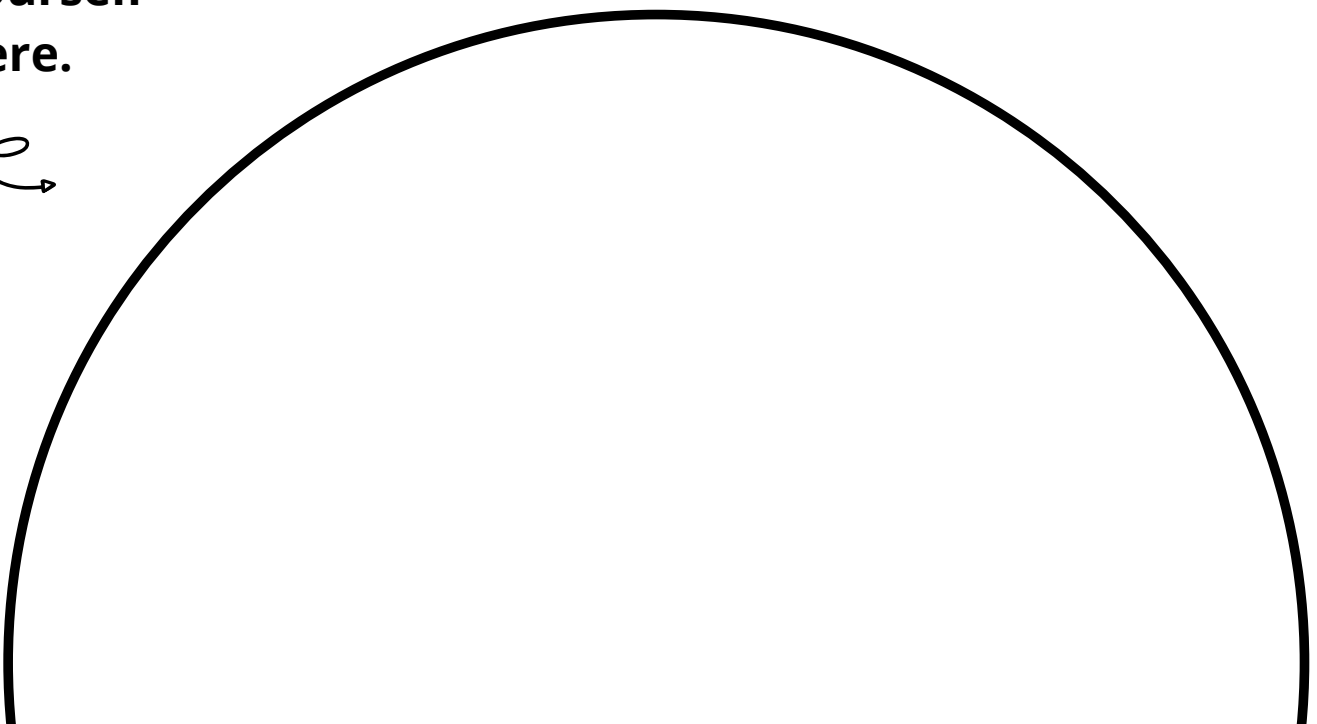
3

TELL:

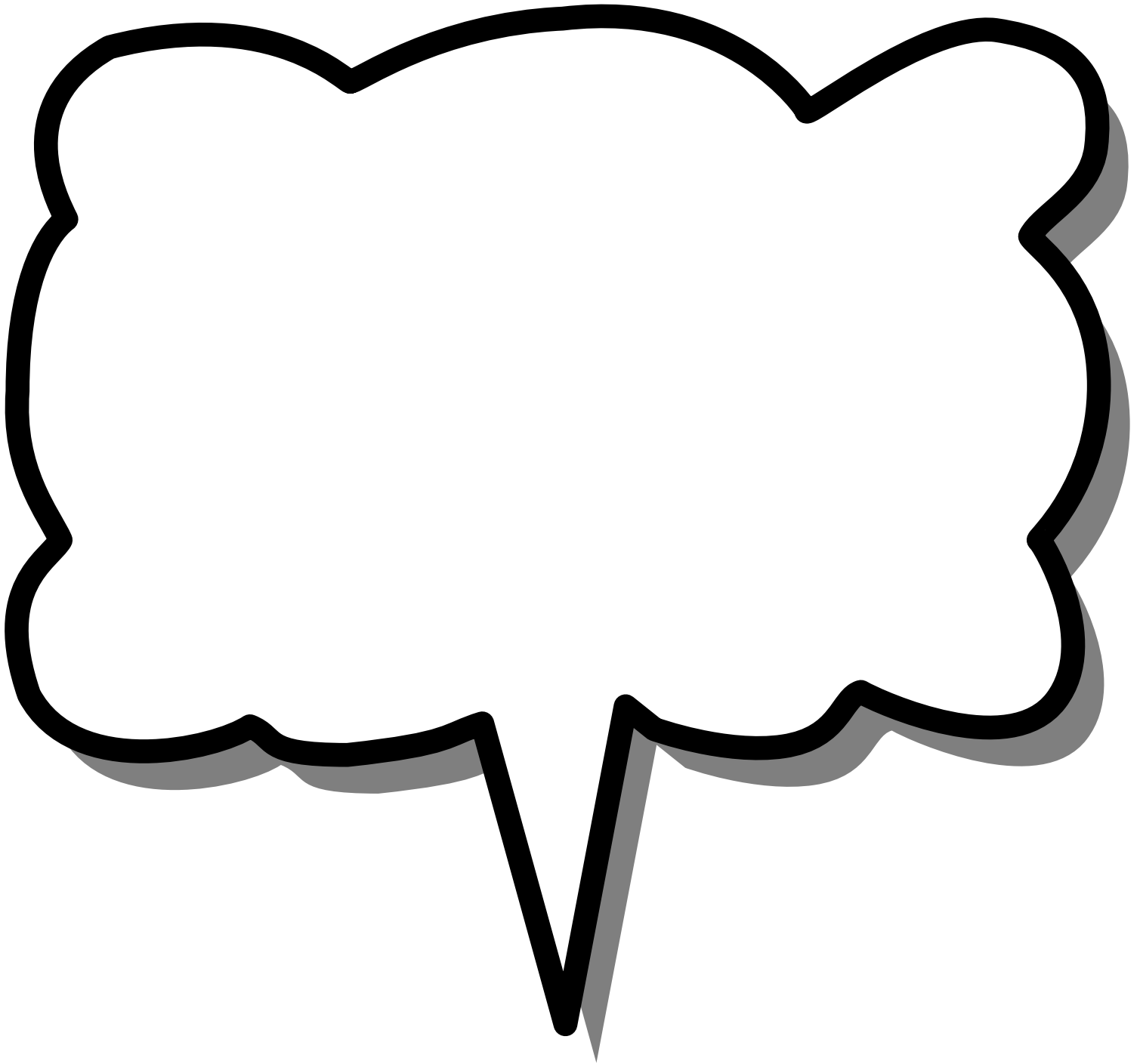
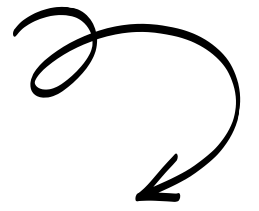
yourself your new thought!



**Draw
yourself
here.**



Write your NEW thought in here.



Say your **green**
thought out loud.

