

Name:

Date:

## Social Emotional Learning Remote Learning Activities

### *What is Stress?*

**Learning Objectives:**

- Understanding what stress is, and how to manage stress.
- Understanding how to reframe negative self-talk.

**Materials Needed:**

- Pen or pencil
- Paper

Please refer to Appendix A for all glossary terms and definitions.

1. You will be asked to reflect on the following questions: What are the stressors in your life? Have these stressors changed while being out of school? What tactics do you use to calm down when you are stressed?
2. **Action Item:** Students will then either read the article found in Appendix B, or watch [this video](https://www.youtube.com/watch?v=69MLx9m1ctQ) (<https://www.youtube.com/watch?v=69MLx9m1ctQ>)
3. **Check for Understanding:** Students will then be asked to reflect and answer the questions below, then submit to their teachers.

# What is Stress?

ASSESSMENT PAGE: LESSON 3.1

Name:

Date:

1. Why can stress be a problem for your health?
2. What will you do to personally cope with stress in your life?

4. **Ask Students:** Students will be asked to reflect on Negative Self-Talk. What is negative self-talk? When and how do you do this? How does it make you feel? Do you find yourself doing this at specific times?
5. **Action Item:** Students will then either read the article found in Appendix B, or watch [this video](https://www.youtube.com/watch?v=yWDo-y-tK7k) (<https://www.youtube.com/watch?v=yWDo-y-tK7k>)
6. **Check for Understanding:** Students will then read the document below. Students will be asked to create their own document and keep the initial negative self-talk statements, and will then create their own new reframing statements. Students will also answer the question below the image in paragraph form. Students will then submit the document to their teacher.

<p>No one likes me</p> <p>.....</p> <p>REFRAME</p> <p>.....</p> <p>I am likeable. Many people like me (give examples).</p>	<p>I'm bad at everything</p> <p>.....</p> <p>REFRAME</p> <p>.....</p> <p>There are many things that I have tried that I've been good at (list them).</p>
<p>I always mess up</p> <p>.....</p> <p>REFRAME</p> <p>.....</p> <p>Sometimes I mess up, but I'm human. Everyone does.</p>	<p>I never do anything right</p> <p>.....</p> <p>REFRAME</p> <p>.....</p> <p>There are lots of things that I do right (think of examples and list them).</p>
<p>I'm such a loser</p> <p>.....</p> <p>REFRAME</p> <p>.....</p> <p>I'm a person who deserves kindness and compassion. I have a lot to offer.</p>	<p>I can't finish anything I start</p> <p>.....</p> <p>REFRAME</p> <p>.....</p> <p>There have been times when I've finished things I've started (list them).</p>
<p>I don't know why I bother</p> <p>.....</p> <p>REFRAME</p> <p>.....</p> <p>I'm doing the best that I can. My resilience is a strength.</p>	<p>Everyone is doing better than me</p> <p>.....</p> <p>REFRAME</p> <p>.....</p> <p>Sometimes it feels like other people are doing better than I am, but I know that we all struggle at times.</p>

**How does positive self-talk affect your mental wellness, happiness, and productivity?**

## Appendix

### Lesson 3 Glossary

-**Stress:** A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.

-**Stressor:** Something that causes a state of strain or tension.

-**Negative Self-Talk:** Any inner dialogue you have with yourself that may be limiting your ability to believe in yourself and your own abilities, and reach your potential. It is any thought that diminishes you and your ability to make positive changes in your life or your confidence in your ability to do so.

-**Positive Self-Talk:** Inner thoughts or dialogue that makes you feel good about yourself and the things that are going on in your life. It's like having an optimistic voice in your head that always looks on the bright side.

-**Reframe:** Frame or express (words or a concept or plan) differently.

## **APPENDIX B**

### **Lesson 3 Articles**

#### **Lesson 3, #2 Article:**

- Article from <https://mylearningnetwork.com/the-power-of-positive-self-talk/>

The power of positive self-talk

Is your inner voice positive or negative? What thoughts dominate your mind when you sit down to study?

Positive self talk is very important when it comes to your success in college. If you are always telling yourself that you won't do well, eventually, you will start to believe that.

It may seem simplistic, but make sure you are thinking positive about what you are studying. Make sure you have confidence that you can get the good grades you want to achieve in your studies. But don't ever get down on yourself if you get a bad grade. A bad grade (or a good grade) should not define you. Perhaps a not so great grade is sending you a message that you need to try to study a little bit harder. And if you tried as hard as you possibly could, but still did not get the desired grade, you can take pride in the fact that you tried very hard.

Getting an undesirable grade could also mean that instead of continuing with the way you studied, maybe you need to make some changes in your study habits so that you are better able to grasp the material. Never get discouraged though, keep trying, keep making adjustments if needed, and your hard work will pay off.

When in doubt, keep telling yourself you CAN do well, even if it's in a subject that you think you're not that great at. Here are some examples of positive affirmations you can

use to develop a positive attitude towards learning and the good habit of positive self-talk.

[Poster developed by teachers from Fieldcrest Elementary School [Bradford, ON, CA].

Source: <http://fieldcrestfalcons.blogspot.ca/2014/01/growth-mindset-talk-it.html>]

### Lesson 3, #5 Article:

Article from <https://www.thepathway2success.com/how-to-teach-positive-self-talk/>

**Self-talk** is the inner voice that goes on inside our heads throughout our waking hours. Positive self-talk is when we talk to ourselves in a reassuring, kind, and more optimistic way. It's the difference from saying to yourself: "I'm an idiot, I can't believe I failed this math test" or "I'm disappointed in how I did on the math test but I'm going to talk to the teacher and study more next time".

Positive self-talk can have a big impact on how we think and feel. Over time, engaging in more positive self-talk can help reduce stress, improve self-esteem, increase motivation, inspire productivity, and improve overall mental and physical health. Educators, counselors, and parents can have a huge role in helping kids and young adults develop a greater voice for positive self-talk.

**Here are six strategies that educators and parents can use to teach and practice positive self-talk with kids and young adults:**

**1. Model positive self-talk.** Practice using positive thinking skills aloud when talking about yourself and others. A simple way to start is with positive thoughts in the morning such as, "Today is going to be a great day" or "I'm ready for whatever the day brings me". It's helpful to highlight the positive, even in difficult situations or setbacks. After a bad grade on a test, you might talk with the child to say, "It's one bad grade and you'll be okay. You can learn from this can get better next time. The most important thing is that you try your best". Similarly, give genuine compliments to others freely and encourage seeing the bright side of things. That type of optimism is often contagious.

**2. Create a list of positive self-talk statements.** Use this free list of [101 Positive Thinking Affirmations](#) to help kids and young adults read through a list of positive

self-talk statements. Kids can select from the list or come up with their own to create their own personalized list of ten favorite statements. Having a pre-made list can be helpful to start discussing exactly what positive self-talk sounds like.

**3. Discuss the benefits to positive self-talk.** Be open about what self-talk is and how it helps. Kids, and especially teens, might be skeptical about why they should change their thinking at first. Many psychology and self-help resources online can be worth reading and discussing together. Also know that practicing self-talk out loud might seem silly at times, but you have to change your words before you can really change the silent thinking in your head.

**4. Incorporate crafts as a way to remember positive self-talk.** Creating simple crafts with positive self-talk can be a great way for kids and young adults to learn positive self-talk. Best of all, kids can keep their craft for times when they need extra support. They can use it to help them start the day on a positive note or when they are feeling anxious, stressed, sad, or angry. You can create crafts on your own or find sample crafts to use. The craft below is a [Positive Self-Talk Flower Craft](#) that is easy to make and small enough to bring anywhere.

**5. Practice changing negative thoughts into more positives ones.** You can do this with made-up examples or real-life situations. Using an example like, “I only did well on this test due to luck”, challenge kids and young adults to turn the statement into a more positive one. Also, when a kid or young adult brings up a negative thought, encourage him or her to change it to positive self-talk.

**6. Talk about real life challenges and situations.** Talk about the challenges kids and young adults are going through and how they feel about those situations. This can be done in small groups, 1:1, or even in larger groups. Ask questions like, “What can you learn from that situation?”, “What could the positive to that be?”, “What did you do right?” and “How could that help you for the future?”. Try to focus on the positive, what went right, and what can be learned instead of dwelling on the negative. Setbacks and failures are great times to use positive self-talk because they are the prime time for feeling down. Use these real-life situations to show how positive self-talk can help you get back up again when faced with a difficulty or disappointment.

Remember that you don't need to be a counselor or psychologist to practice positive self-talk with kids and young adults. It's true that anyone can teach and practice it. The ultimate goal is for kids and young adults to develop a stronger sense of

self-confidence, allowing them to become more independent and reach their individual potentials along the way.