

## Change Your Self-Talk, Change Your Mindset

When we replace negative self-talk with positive self-talk, our self-esteem and mindset shift for the better. In this activity, students will learn the difference between a “fixed mindset” and a “growth mindset”. Then, they will practice self-talk to motivate themselves. Encourage students to speak kindly to themselves even when things are challenging.



## INSTRUCTIONS:



1. The following pages are ready to be cut out and attached to the bulletin board:  
**Title, Fixed Mindset Brain, “Catch Yourself Saying This?” and “Switching to This!”** pages.
2. Have students color in then cut out the **Growth Mindset Brain** to convey positivity.
3. Have each student think of an example of negative self-talk to write down in a **Fixed Mindset Speech Bubble**.
4. Have each student think of an example of positive self-talk to write in a **Growth Mindset Speech Bubble**. Then, ask them to color it in to convey positivity.
5. Cut out all speech bubbles and sort them into **Fixed** vs **Growth Mindset** categories.
6. Now, all the pieces are ready to be assembled onto your bulletin board!

CHANGE YOUR SELF-TALK,

CHANGE YOUR MINDSET



★ Color in the Growth Mindset Brain. Make it as colorful as you like!

Growth Mindset



# Catch Yourself Saying This?

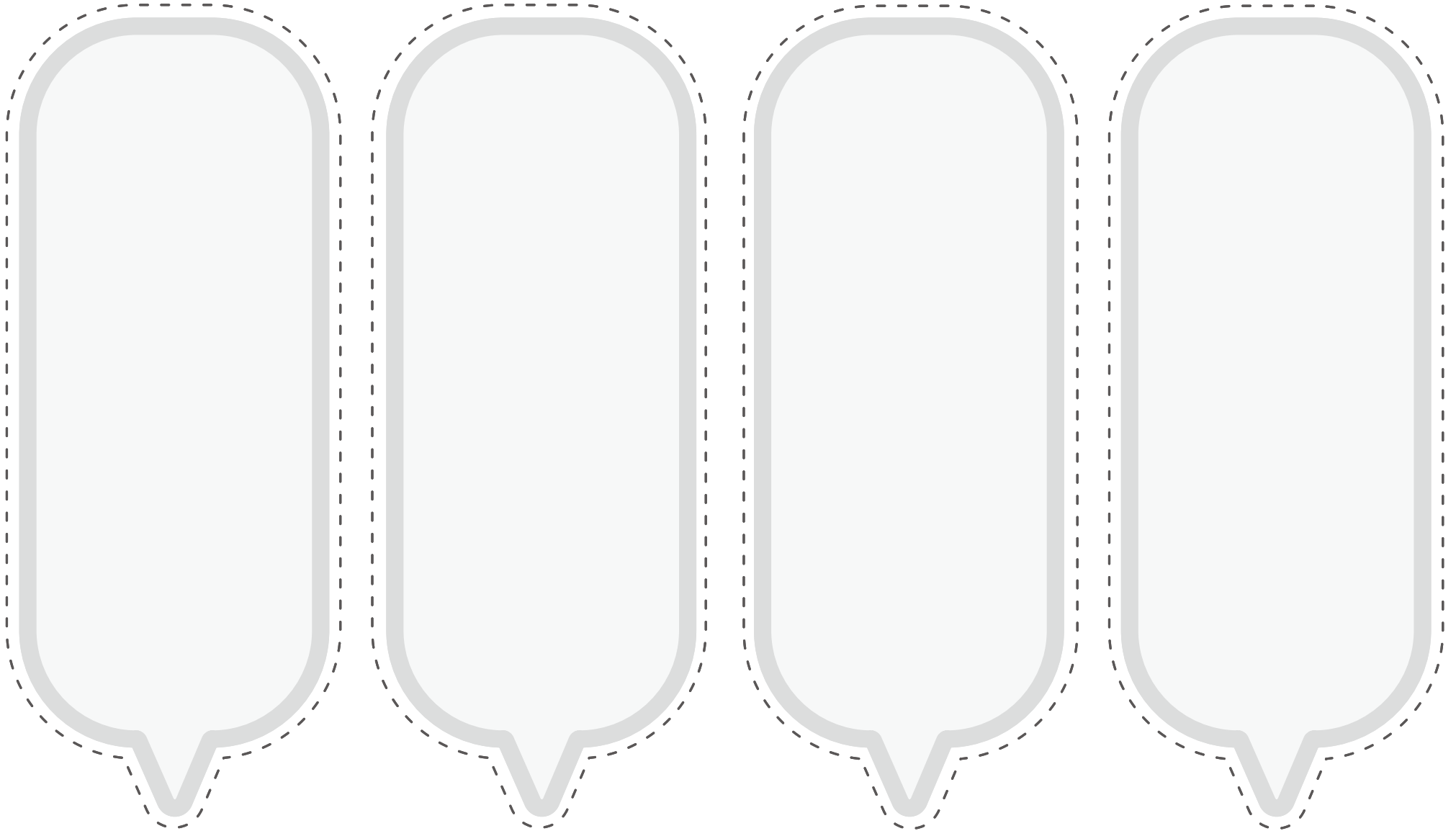
- ◆ It's good enough.
- ◆ It's too hard for me.
- ◆ I quit!
- ◆ Why even try?

# Switch to This!

- ◆ I can make this better.
- ◆ Hard work helps me learn.
- ◆ I can try again.
- ◆ I'll get better with practice.

★ Write down an example of negative self-talk

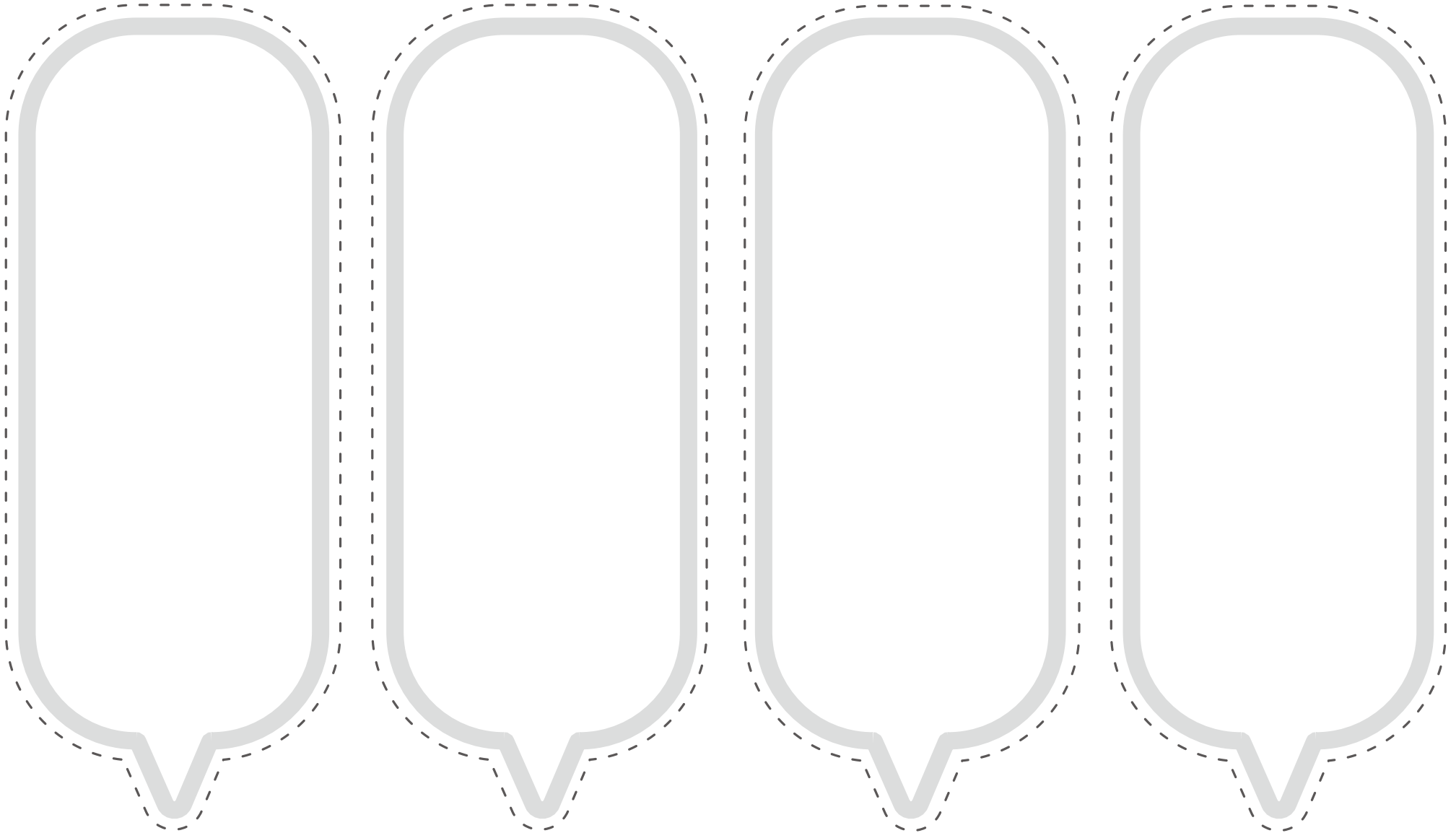
## Speech Bubble - Fixed Mindset

The image contains four identical, large, vertical speech bubble templates arranged horizontally. Each bubble has a light gray fill, a thick gray border, and a dashed gray outline. The bubbles are designed to be cut out and used for writing.



★ Write down an example of positive self-talk, then color it in!

## Speech Bubble - Growth Mindset

Four large, identical speech bubble outlines are arranged horizontally. Each bubble has a thick gray border and a dashed line just inside it, indicating where to cut out. The bubbles are empty, designed for students to write positive self-talk and then color them in.

Don't forget to share!

Show off your completed bulletin boards by posting a photo on Instagram and tagging us with [@everydayspeech](#) and hashtag: [#myESboard](#)!

This is a great way to showcase your students' creativity and connect with fellow Everyday Speechies from across the country.



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