

Peacemaker Tools Weekly Newsletter

Issue 3: Helpful Self Talk



Self talk is the constant stream that is your inner-voice. Self talk has a great deal of power, affecting feelings and behavior. Recognizing hurtful self talk and being able to replace it with helpful self talk is a skill that helps us deal with our emotions in a positive way and helps build resilience. We can't control what is going on around us but we can control our own response.

Relate

When we relate, we connect with others as we share our perspectives and experiences.

Let's Practice

Share with those around you what is something that is hard for you to do? How do you handle a challenging task?

Click to Learn More!

Watch videos for this week's Regulate and Reason activities and explore resources to continue your SEL journey at home!

www.peacemakerresources.org

©peacemakerresources.org



Regulate

When we regulate, we are able to think, listen, and identify our needs and feelings

Let's Practice: 3 Wishes

You will make three wishes. One wish is for yourself, one is for someone you care about, the last is for someone who challenges you. Make wishes that are kind and helpful. Notice how you feel after sending positive thoughts to others.

www.teachpeace.link/3wishes

Reason

When we reason we reflect, learn, gain understanding, and develop strategies for problem solving.

Let's Practice

Read or watch *Alexander and the Terrible, Horrible, No Good, Very Bad Day!* Do you notice how Alexander's hurtful self talk is making it hard for him to feel better? How could you change his hurtful self-talk into helpful self talk?

Notice when you have hurtful self talk and try to change it to helpful self talk.

www.teachpeace.link/alexander

