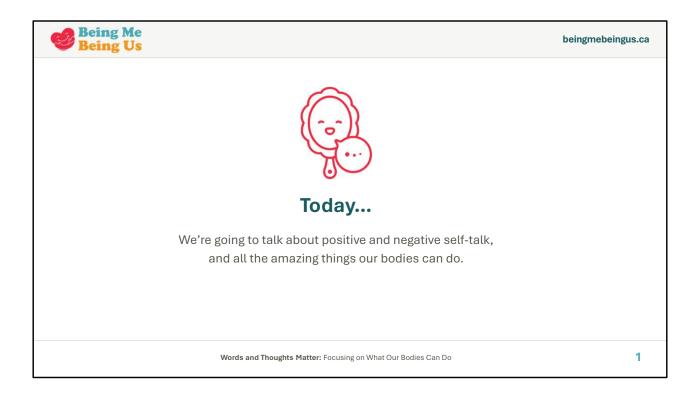


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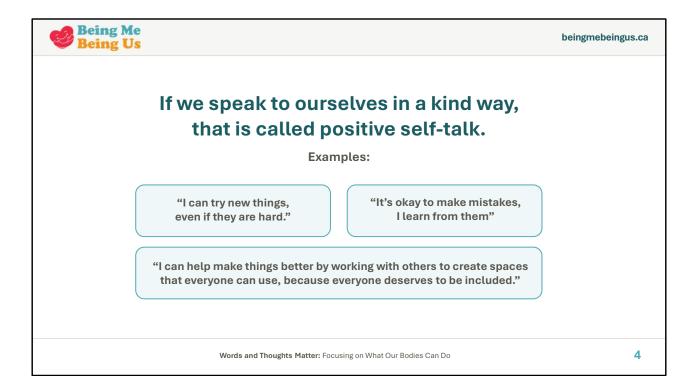






Note

• But we do know that everyone experiences this, so it's okay to know that we have all said unkind words to ourselves or others at some point.





Note

• Do the activity suggested in the lesson plan.





Think about...

- Look back at the self-talk statements. How are some of these statements unkind? What makes these statements unkind?
- What do we do when negative thoughts creep in?
- How do we cope? How can we shift or reframe our negative thoughts?
- What skills do we have that can celebrate our bodies?

Words and Thoughts Matter: Focusing on What Our Bodies Can Do

6



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Let's review (grade 4/5)

- Sometimes, we get stuck and focus on things that we think we don't like about ourselves and about our day.
- We can reject self-talk that is negative.
- We can focus on all the amazing things our bodies can do.
- We can have compassion and be kind to ourselves and others that can make a big difference in our mental health and well-being.

Words and Thoughts Matter: Focusing on What Our Bodies Can Do

7





Let's review (grade 6/7)

- Sometimes, we get stuck and focus on things that we think we don't like about ourselves and about our day.
- There are so many other factors that make up our selves other than our bodies.
- We can have compassion and be kind to ourselves and others that can make a big difference in our mental health and well-being.

Words and Thoughts Matter: Focusing on What Our Bodies Can Do

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