

Self-Talk Statements (for Grades 4/5)

Preparation instructions: Statements to print out, cut, and place in envelopes to be handed out to students to sort into “kind” and “unkind” statements.



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Someone says: “It’s okay to make mistakes, that’s how I learn and grow.”

Someone says: “I can try new things, even if they are hard.”

Someone says: “I am proud of who I am, inside and out.”

Someone says: “It’s okay to grow and change -
my body is doing what it is supposed to do.”

Someone says: “I am not good at anything.”

Someone says: “I’ll never be as good as my friends.”

Someone says: “I wish I could change something about myself.”

Someone says: “I wish I looked like the models
and influencers on social media”

Someone says: “I want to look like the athlete on TV”