



SEL Spotlight

Social Emotional Learning Flyer

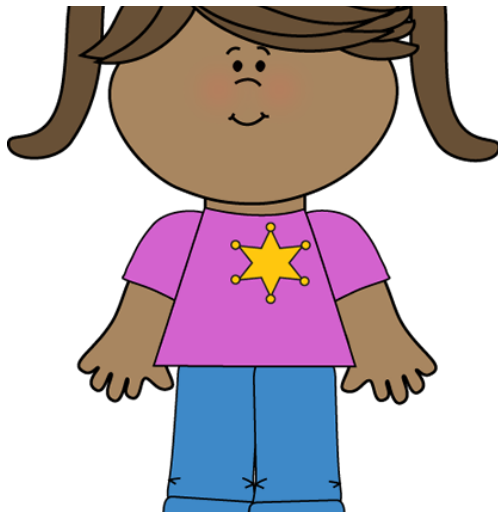
Second Step

Unit 1: Lesson 4 – Self Talk !

Self-talk is a great tool to increase self-confidence and curb negative emotions. Kids can benefit from positive self-talk such as being more confident, motivated, and productive.




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Try This!!!! Weekly Connections

Books

- *Fantastic You* by Danielle Dufayet - 
- *Mindful Tots: Loving Kindness* by Whitney Stewart both on Epic Books



Songs

- ♦ “Get back up again,” from Trolls and
- ♦ “Try Everything,” from Zootopia

Try This!!! Weekly Activity

Self-Talk for Making Patterns:

Children can use self-talk to help them create repeating patterns and predict what comes next.

Materials:

- Several small objects (blocks, legos, beads, etc) in at least 2 colors



Issue 1

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