SEL · AFFIRMATIONS AND SELF-ESTEEM · GRADES 2–5

Kind or Unkind Self-Talk?

Sort ten things kids say to themselves into kind self-talk and unkind self-talk, then rewrite two.

Name: _____ **Date:** _____



Self-talk is what you say to yourself in your head. Kind self-talk sounds like a good friend cheering you on.

Circle Kind or Unkind.

I can do hard things.	Kind	Unkind
I'm so dumb.	Kind	Unkind
Nobody likes me.	Kind	Unkind
I made a mistake, and that's okay.	Kind	Unkind
I am proud of how hard I worked.	Kind	Unkind
I always mess up.	Kind	Unkind
I am learning a little more every day.	Kind	Unkind
I'll never be good at this.	Kind	Unkind
I should not even try.	Kind	Unkind
I am a good friend.	Kind	Unkind

Unkind self-talk	Kind self-talk
"I'm so dumb."	_____
"Nobody likes me."	_____

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ANSWER KEY · AFFIRMATIONS AND SELF-ESTEEM · GRADES 2–5

Answer Key: Kind or Unkind Self-Talk?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Self-talk is what you say to yourself in your head. Kind self-talk sounds like a good friend cheering you on.

Circle Kind or Unkind.

I can do hard things.	**Kind**	Unkind
I'm so dumb.	Kind	**Unkind**
Nobody likes me.	Kind	**Unkind**
I made a mistake, and that's okay.	**Kind**	Unkind
I am proud of how hard I worked.	**Kind**	Unkind
I always mess up.	Kind	**Unkind**
I am learning a little more every day.	**Kind**	Unkind
I'll never be good at this.	Kind	**Unkind**
I should not even try.	Kind	**Unkind**
I am a good friend.	**Kind**	Unkind

Unkind self-talk	Kind self-talk
"I'm so dumb."	"I am still learning."
"Nobody likes me."	"People care about me."

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