

Wellbeing activity

Senior Classes 4th – 6th Classes

What does wellbeing mean?

Read the following definition with a family member.

Well – being means feeling **good** and **strong** in our **minds** and **bodies**, having **energy**, getting along with and helping **others**, knowing our **strengths** and feeling **proud** because we are doing our **best**. It means we can **cope** with the little problems and knocks' in life. It means **enjoying** life, being **grateful** for what we have and **accepting ourselves** just as we are!

Practicing the power of 'Self – Talk'

What is self talk? It is my 'inner voice' or how I speak to myself.

Why use self – talk? Positive self – talk gives me encouragement and motivation.

Discuss why encouragement and motivation are important qualities in life?

Why self – talk? Replacing limited beliefs 😞 with empowering beliefs! 😊

Repeat the following helpful phrases aloud and just like a carpenter bringing his tools to work each day you will have the tools to tackle a challenging situation or moment of fear or anxiety!
😊

‘I can choose helpful self – talk’

- 1) I can choose to be calm, in control and positive.
- 2) I am ready to act and do something positive to improve the situation.
- 3) Rather than the niggly doubt or flicker of fear I will replace the niggly doubt or flicker of fear it

with my limitless beliefs. 'I am - 'I can' - 'I will'!

Wellbeing Activity

Let's rehearse challenging situations where you could use **empowering** self – talk!

Maybe you just lost a match or had an argument with a friend. Maybe you are finding something hard to do or understand in school. Imagine and describe a challenging or frustrating situation to a family member at home.

Solution with Self - Talk

Describe the self – talk you would use to counteract this challenging situation and defeat the flickers of fear or doubt!

Share or discuss with a family member at home!

Thank you for practicing **self – talk**. Continue to use and practice in the weeks away from school, your classmates and teachers in Ballyadams. Remember all will be well. Continue to stay safe and stay healthy by staying at home 😊

Have a look at the cool video below to hear Kid – President and his use of **self – talk!**

<http://www.otb.ie/wwb-pep-talk-from-kid-president>

(Ctrl & click to follow the link)