



LESSON

3

Being Kind to Ourselves Unit Grade 6 • Ages 11-13

TIME FRAME

Preparation: 10 minutes
Instruction: 30 minutes

MATERIALS

Reframing Our Thoughts Activity Sheet, one for each student

How Can I Treat Myself Kindly? Journaling Activity Sheet, one for each student

Free Positive Thoughts Template

[Kindness Concept Posters](#): Respect, Self-Care

LEARNING STANDARDS

Common Core: CCSS.ELA-Literacy.SL.6.1. 1b-d; CCSS.ELA-Literacy.L.6.1

Colorado: Comprehensive Health S.3, GLE.1, EO.a,b,c, IQ.1; Reading, Writing and Communicating S.1, GLE.1, EO.d.ii, iii

SEL: Self-awareness, Self-management

[Learning standards key](#)

Positive Self-Talk

Students will learn about positive self-talk and how our thoughts can shape our lives. They will practice reframing their thinking.

Lesson Background for Teachers

This lesson builds on previous lessons in this unit.

According to the Mayo Clinic, positive self-talk has been linked to many physical and mental health benefits including, less time spent with common cold or illness, longer lifespan, higher resilience and decreased mental stress.

Key Terms for Students

Consider writing key terms on the board before class to introduce vocabulary and increase understanding.

SELF-CARE Caring for yourself mentally, physically, emotionally and socially through your words, actions and thoughts.

RESPECT Treating people, places, and things with kindness.

SELF-TALK The words and thoughts we use to send ourselves messages about what we believe.

REFRAMING Looking at what's happening from a different perspective or point of view.

TIPS FOR DIVERSE LEARNERS

Students might benefit from:

- Using a T-chart to write the responses to the examples so they can reference them while completing the activity sheet.

RAK lessons teach kindness skills through a step-by-step framework of **Inspire, Empower, Act** and **Share**.

However, each lesson starts with the **Share** step to reinforce learning from previous lessons.



The RAK paradigm is the framework for teaching and building kindness skills.



Resources

Encouraging Printables: Free Tear-Offs:

<http://www.kindovermatter.com/2010/07/freebie-alert-printable-free.html>

Kid Friendly Video about the brain: The Scientific Power of Thought:

<https://www.youtube.com/watch?v=-v-IMSKOtoE>

Share (3 mins)

Share with the person next to you the nicest thing anyone ever said to you or the nicest thing you ever heard someone else say.

Inspire

Self-Talk (10 mins)

Today we are going to continue to discuss what it means to be kind to ourselves by looking at how we talk to ourselves. This is called self-talk. Positive self-talk has been shown to improve sports performances, test scores and even how long we live! It's important for our health and happiness. Some of us may find it easy to be kind to ourselves, while others may say hurtful or self-defeating things to ourselves, like we aren't worth anything. Let's discuss a few examples: (Use the ones below or create your own.)

- Let's say that you make a mistake. A hurtful thing to say would be 'I am so stupid for making a mistake.' What positive or helpful thing could you say instead? (Possible answer: Mistakes help me learn.)
- You drop a glass of juice and think "What an idiot I am." What could you say instead? (Possible answer: Oops, I better clean that up.)
- You get an essay back and get a 75 percent. You might think "I'm a terrible writer." What could you say to yourself instead? (Possible answer: Writing is a challenge for me, I guess I need more practice.)

Which kind of self-talk feels better to you? Why do you think we say hurtful things to ourselves? Do you think it can be harmful? What do you think would happen if we kept saying hurtful or self-defeating things to ourselves year after year?

Empower

Reframing our Thoughts (10 mins)

Hand each student a Being Kind to Ourselves sheet. Then say, "On this sheet are some unkind things we might say to ourselves. In each box, write one thing that you could say to yourself to be kind instead. This is called **reframing** a statement from a negative comment to a positive comment. It may seem kind of forced at first, but that's OK. It will feel more natural over time."

Have student work alone or in small groups.

If time permits, after students finish, read each statement out loud and ask students for positive responses to the statements. Then, ask for volunteers to share responses to the two questions on the bottom of the Being Kind to Ourselves sheet. Write their responses on the board.

Wrap Up (5 mins)

To gauge understanding of the material, choose from the evaluation and reflection questions as discussion, or writing or journal prompts. Consider providing additional time for deeper evaluation and reflection as needed.

Evaluation Questions

- What is **self-talk**? What is **reframing**?
- Why is the kind of **self-talk** we use important?
- How are **self-talk** and **self-care** connected?

Reflection Questions

- Do you think you talk more kindly to yourself or others?
- How do you think you can increase the amount of positive **self-talk** you use?
- Where do you think the messages and words we use in **self-talk** come from?

Summary

Learning to be kind to ourselves with our words is more important than it seems. The messages we send ourselves shape the way we feel about ourselves, our health and our success. It takes a lot of practice to change the way you think, but it is possible if we keep trying.



Act (2 mins)

Kindness Minute

Use the attached template to create a poster to hang in your school. Everyone should write a positive thought on one of the tear off pieces.

Kindness in Action

Hand out the How Can I Treat Myself Kindly? sheet.

For one week you will record how you react when something negative happens to you and then bring it back to class.





TAKE ONE FOR YOURSELF OR SURPRISE SOMEONE!

[illegible]

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How Can I Treat Myself Kindly?

Journaling Activity

For the next week, write down any negative situations that happen to you and how you react. Be honest! This isn't a test, but an exercise to figure out ways to be kinder to yourself.

What Happened? (Negative Situation)	What did I tell myself afterward? (Self-talk)	What could I have said to be kinder to myself?

Reframing Our Thoughts

It is natural to feel negative about ourselves sometimes, but it can also become a pattern that's not healthy. When writing your new response, keep in mind that answers should be: kind, realistic, focused on the future and forgiving.

UNKIND THOUGHT	WHAT POSITIVE THING CAN I SAY TO MYSELF INSTEAD?
It's not worth trying, because I know I'll mess up.	Example: It's OK if I make a mistake, that's how we all learn.
I can't do that. It's too hard.	
Everyone is always better than me.	
I quit!	
There must be something wrong with me.	
Why do bad things only happen to me?	
I never do anything right.	
I'm not good at anything.	
I'm terrible at math.	