

# HEALTHY CHOICES, HEALTHY CHILDREN: RESILIENCE EDITION

## LESSON 2: USE POSITIVE SELF-TALK TO TEAR OFF YOUR LABELS



Who do you know who has torn off negative labels in the past? What did they do to show “the real me”?

---

---

---

---

---

How can you start showing others “the real me” at home, at school, and with your friends?

---

---

---

---

---

What is some positive self-talk you have used or that you can begin using?

---

---

---

---

---

Talk to a trusted friend or family member about the positive qualities they see in you. List their responses below.

---

---

---

---

---

**Using the space below, write a song or poem or draw a picture that includes positive self-talk.**