YOUNG LEAD

Leadership skills and soft skills to be developed:

Self-esteem / Self-confidence

Resilience

Title of the game

Self-talk

Students learn about self-talk and experience situations accompanied by self-talk.

Recommended age for this game: 9+

Duration: 20-45 min

Number of Students: 2+

Game Use: In the classroom

Instructions:

The teacher describes what self-talk is and that it is divided into positive, negative and descriptive self-talk. Then the students come up with examples of different self-talk in basic situations such as: 1. A student is about to do a difficult test. 2. A student is about to enter a new class where he/she only knows one person.
After some examples are stated, the teacher summarises how many were positive self-talk examples, and how many were negative, and try to elicit the consequences of positive and negative self-talk.

Finally, the students are divided into a group of 3 where 2 of them play the positive and negative self-talk and the actor in the middle tries to follow their suggestion.

A situation for a game like this might be:
1. A student ran a cross-country race, he/she trained hard for the event but ended up in the last position. 2. A student has an agreement with a friend that they will share a meal together at the school canteen but when she enters the canteen her friend is already sitting with someone else.
In the end, the students reflect on possible outcomes of positive/negative self-talk and ways to influence their own experience.

Materials:

List of situations where various self-talk can be experienced

Tips for the game:

- Try to read a bit more psychological articles about self-talk and its effect on different professionals (e.g. athletes).

Reflective questions for students:

- How can self-talk influence your results?
- Did anything surprise you today?

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