



May 2020 Social Emotional Virtual Learning

ECSE/Program

Positive Affirmation

Learning Target:

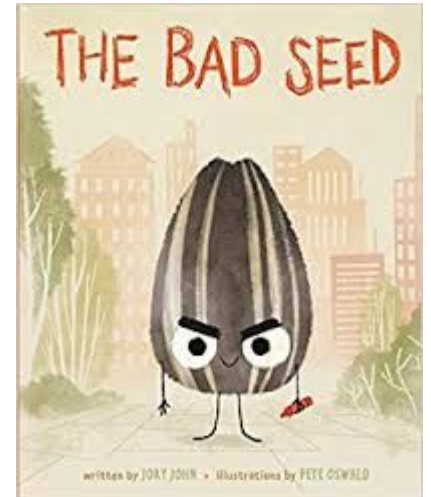
Students will learn about positive self-talk.

The things we say to ourselves matter.

Watch and listen to [The Bad Seed](#)
by Jory John, illustrated by Pete Oswald

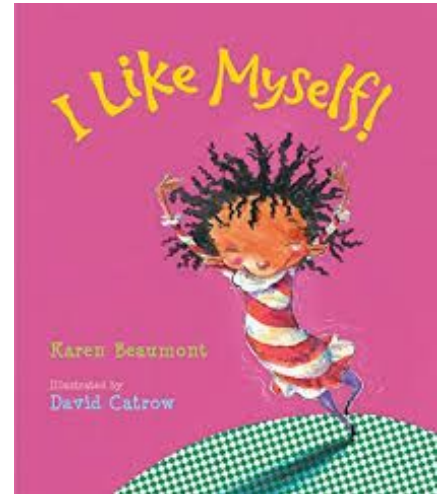
“I’ve decided I don’t want to be a bad seed anymore.” What changed after the seed said this?

That’s right! “Maybe I’m not such a bad seed anymore.”



What do you like about yourself?

Watch and listen to [I Like Myself!](#)
by Karen Beaumont, illustrated by David Catrow



<u>Instead of saying this:</u>	<u>Try this:</u>
This is too hard!	This is helping me learn!
I am alone.	People love me and care about me.
No one cares.	I matter.
I messed up. This is terrible.	It's okay to make mistakes.

You are important.

Say it. "I am important."

