

Kids will recognize the need to consciously encourage themselves. Kids will monitor negative self-talk and replace critical comments with supportive ones.

# Push & Pull



Instead of saying

**“I’m not good at basketball,”**

push out that negative thought and pull in a positive one by stating

**“I am good at passing the ball and being a team player.”**

This lesson is all about your kids’ ability to use supportive comments to encourage themselves. This is not about encouraging others, but instead using words and techniques to encourage themselves. Kids should learn how negative comments affect their daily lives and supportive comments and thoughts can help them have better days and feel better overall.

When using positive self-talk, you need to make sure you use the Push and Pull:

- **Push** out the negative thoughts and keep them out
- **Pull** in the positive thoughts and stick to them