



TOPIC

Caring & Compassion

LEVEL

Fifth Grade

THEME

The Power of Self Talk

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Explain what self-talk is and why it matters.
- Identify examples of positive (helpful) and negative (hurtful) self-talk.
- Practice using self-compassionate words in their own thinking.

MATERIALS

- Chart paper or whiteboard & markers
- Individual "Flip the Script" worksheet
- Writing utensils
- Scrap paper or sticky notes

ESSENTIAL QUESTIONS

- What is self-talk and how does it affect how we feel?
- Why is it important to be compassionate toward ourselves, not just others?
- How can changing the way we talk to ourselves help our mental health?

CHECK-IN / WELCOME (5 MINUTES)

Ask: "Raise your hand if you've ever talked to yourself in your head, like, 'I'm never going to get this right,' or 'I've got this!'"

- Allow a quick show of hands. Laughter is okay.

Say: "We all have a voice in our heads called self-talk. Sometimes it cheers us on, but other times it can be hurtful. Today, we'll learn how to be compassionate to ourselves, just like Aavidum teaches us to care for others."

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Put "Self-Talk = The voice in your head" on the board.

Ask: "What's an example of something you've said to yourself in your head?"

- Take a few answers, both positive and negative.

Explain: "Positive self-talk helps us feel confident and calm. Negative self-talk can make us feel stressed or sad. Just like we choose kind words for others, we can choose kind words for ourselves."

Say: "Aavidum means 'I've got your back.' Today we're going to learn how to have our OWN backs by using caring words in our minds."

ACTIVITY: HELPFUL & HURTFUL (20 MINUTES)**Instructions:**

- Show self-talk cards and have students decide if each is HELPFUL (thumbs up) or HURTFUL (thumbs down).
 - Examples:
 - "I'll never be good at this." (Hurtful)
 - "I can keep trying, even if it's hard." (Helpful)
 - "Everyone is better than me." (Hurtful)
 - "I don't understand it yet, but I will." (Helpful)
- Discuss: "How does each type of self-talk make us feel inside? Which would you rather hear from a friend?"
- Give each student a "Flip the Script" worksheet:
 - Column 1: "Hurtful Self-Talk" (examples provided: "I always mess up")
 - Column 2: "Flip It!" (students rewrite as self-compassionate: "I make mistakes, but I can learn from them").
- Work through one example together, then allow students to complete 3 or 4 more individually.

WRAP-UP (5 MINUTES)**Ask**

- "What's one positive phrase you can say to yourself this week?"
- "How might treating yourself kindly help you treat others kindly too?"

Say: "Your Aavidum Challenge is to catch yourself using negative self-talk this week and flip it into a kind, compassionate message. Write it on a sticky note and keep it somewhere you'll see it."