

# School Counseling Corner

May 1, 2020

## Dear Mullica Township Elementary Students and Families,

Happy Friday and Happy May! I hope you all are continuing to stay healthy and safe. With the start of a new month, I want to share some resources on positive self-talk for your children (parents and families can practice positive self-talk as well). Positive self-talk is exactly what it sounds like (speaking to yourself positively- example: I can get through this). It sounds easy enough, but it is something that can require practice. I have included a resource with the benefits of positive self-talk (reduce stress, increase self-esteem, enhance motivation).

If students are starting to feel unmotivated or if you want your child(ren) to continue staying positive, positive self-talk may be a great tool for them. With everything that is going on surrounding this ongoing pandemic, now more than ever, it is important for all of us to stay positive. Remember, we will get through this together.

I hope you enjoy this newsletter and can implement positive self-talk into your daily lives. I hope you all have a nice weekend and can get outside and enjoy the sunshine (while continuing to practice social distancing of course).

Stay well,

Ms. Zolinas, Elementary School Counselor

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## Positive Self Talk

[Why Positive Self-Talk is Worth It](#)- Here you can find out more about what positive self-talk is and the benefits of it.

[How to Teach Positive Self-Talk](#)- Here you can find strategies for teaching and practicing positive self-talk with your child(ren).

[101 Positive Affirmations for Kids](#)- Here you can find a list of positive affirmations.

[The 'You Are' Jar of Positive Affirmations](#)- Here you can find instructions on how to make a positive affirmation jar (using supplies you may already have around your house). This activity focuses on including positive adjectives in the jar, but you can also include positive affirmations

from the previous resource. You can also get creative and use your own ideas (as long as they are positive). If you do not have a jar, a Ziploc bag works just fine- include positive words or affirmations in the bag and pick one out every day.

[Positive Self- Talk Journal Free Printable](#)- On this website, you can obtain a free positive talk printable for your child(ren) to work on. This printable includes prompts to help children focus on the positives in their life.

### [33 POSITIVE AFFIRMATIONS FOR KIDS SELF ESTEEM](#)

[Feel Good Affirmations](#)- These Youtube videos provide positive affirmations for children to listen to and practice daily.

[What is Positive Self-Talk? \(Incl. Examples\)](#)- Here is a resource that includes the benefits of positive self-talk for adults, exercises and activities for adults and additional activities for children.



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If you are interested in more individualized activities/ resources for your child, please [click here](#) and complete this form at your earliest convenience so that I can provide you with more individualized resources for your child!

**For a list of mental health resources, [click here](#).**

Just a reminder, if you have any questions or concerns, I can be reached at [mzolin@mullicschools.com](mailto:mzolin@mullicschools.com) For additional activities and resources, please continue to check my [School Counselor Webpage](#).