

YEAR 6

Helpful self-talk

Building truthful, useful sentences to say to yourself.

#emotions

#regulation

#courage

#hope





Which sentence is truthful and still useful after a mistake?

You can always pass, write your answer privately, or use a made-up example.



Philippians 4:8

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if anything is excellent or praiseworthy — think about such things.”

Philippians 4:8, New International Version (NIV)

CHRISTIAN CONNECTION

Paul points our thinking towards what is true, not just what is comfortable. Helpful self-talk is honest first — it names what really happened, then chooses words that help us keep going.



CONNECT



EXPLORE



PRACTISE



REFLECT



Where does each body clue belong: early, building or strong?

Place all six clues into EARLY, BUILDING or STRONG.

Draw an arrow from the earliest clue to one interrupting action.

1 The first instruction is hard to hear

3 Shoulders lifting

5 Warm face

2 Breathing speeding up

4 Tight jaw

6 Hands gripping the pencil

More than one placement can work — be ready to explain your evidence.

 CONNECT

 EXPLORE

 **PRACTISE**

 REFLECT



“One body clue I could notice earlier is ...”

Write this one privately — you don't have to share it.

TAKEAWAY

Body signals are information to notice, not a command to obey.



CONNECT



EXPLORE



PRACTISE



REFLECT