

Self-Talk Comic Strip Activity

Materials:

- Blank Paper
- Writing and Colouring Materials
- Comic scenarios

Instructions:

Begin by referring to the BANA

presentation and review the idea that we tend to be nicer to our friends than we are to ourselves. It is easier for us to make our friends feel like certain things are “no big deal” but if these things happen to us we are very hard on ourselves. *Why do we think we are harder on ourselves than other people?*

Example: If I woke up with a zit on my forehead but had plans to go to a dance with my friend I would tell myself I’m not going because it looks bad. On the other hand, if my friend woke up on the same day with a zit on their forehead I would tell them they look fine and it’s going to be fun anyway.

Have the students work in groups (there are 10 examples of scenarios attached, or students can come up with their own) to design a comic strip with a scenario where one person is upset about something they did, said, or how they look, and how their friend reacted to it. (See attached Scenarios). Once the comic is finished have the students discuss or answer these questions to further their thinking:

What was the friend’s response?

Why do you think they said that?

Do you think you would say the same thing to yourself if the situation were reversed?

How can you change the dialogue or self-talk so you are kind to yourself too?

This activity can also be used to develop a role play with the students in each group and can be presented to the class.

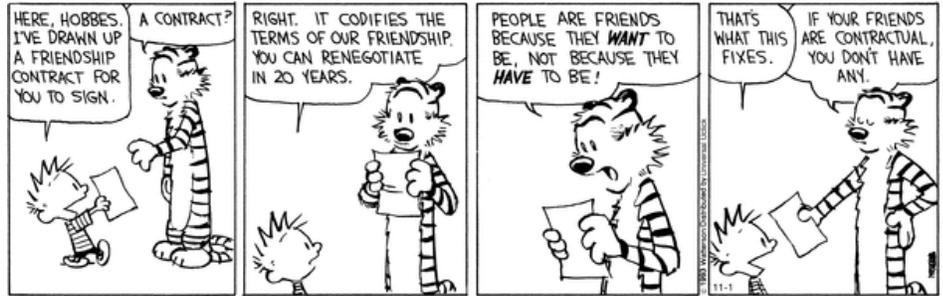
Curriculum Expectations:

Grade 5:

C. Healthy Living

C3.2 Actions, Self-Concept

C3.2 Explain how a person’s actions, either in person or online, can affect their own and others’ feelings, self-concept, emotional well-being, and reputation



Self-Talk Comic Strip Activity

Comic Strip Scenarios:

- You are performing a dance in front of your class and you realize you have split your pants.
- You are riding bikes with your family when you see a group of your classmates. You try to slow down to say hi to them but your little brother has already stopped in front of you. You crash into him and fall right off of your bike.
- You come back to class after recess and a group of your classmates laugh at you because your fly is undone on your jeans.
- You have plans to go to a dance with your best friend but you wake up on the morning of the dance with a huge zit on your forehead.
- Your mom buys you a new sweater for your birthday and you decide to wear it to school. When you walk in one of your classmates yells, "That sweater is so ugly!" in front of the whole class.
- You walk by a group of your classmates and hear one of them say, "What a loser."
- You have plans to attend a school dance with your friends and spend the whole week picking out your outfit.
- You show up to the dance at school wearing the exact same outfit as another girl in your class.
- You are walking up to the front of the class to present your book report when you trip on the leg of a chair and fall.
- You're drinking your grape juice at lunch when you accidentally spill it all over your white shirt. You realize you do not have a change of clothes and neither do any of your friends.
- You wake up for school on a day that you have to present your speech to the entire school and you are having a terrible hair day. No matter what you do, your hair will not co-operate!

