

My Choice of Inner Voice – Summary

(Resources for each child: Large piece of paper, felt pens or crayons)

Changing our inner voice if it makes us feel unsuccessful.

1. Learn to notice what your inner voice says when you are asked to do something that might be challenging.
2. Notice whether, in your mind, you see yourself succeeding or failing. (SEE)
3. Are the words in your inner dialogue supportive or negative? (HEAR)
4. Notice if the feeling in your stomach is closer to nervousness or excitement.
(FEELING)
5. Each time you notice your inner voice making you feel unhappy, replace the comment with a Power Statement. These are words that empower and support you. *(Even if you don't initially believe the affirming statement, it can be a first step to changing a pattern of low self belief.)*
6. Write down your Power Statement.
7. Repeat your Power Statement five times inside your head.
8. Call out the Power Statement, making sure you are looking confident and powerful.
9. Practice using the Power Statement so you really notice a difference in how you are feeling.

RELATED ACTIVITIES AT HOME
<ol style="list-style-type: none">1. Talk with your child about the voice inside our heads. (Share the fact that we all have an inner voice and sometimes it helps us, but sometimes it can get in the way.)2. Laugh about the inner voice and how it can make us all behave in a silly way at times!3. Ask your child what Power Statement she or he is going to use. (This should be a supportive word or phrase that can replace a negative inner comment.)