

RULER ANCHOR

THE META-MOMENT

FOURTH GRADE

MY NAME _____

DATE _____

Duration: 20 minutes

1

Family members and grown-ups, please read this before your child leads the activity.

Key Ideas:

- Sometimes we have to manage our strong emotions in the moment. While this can be challenging, we can all develop strategies to help us.
- There are **action** strategies and **thought** strategies.
— *For example, an action strategy might be to take a break or drink some water. A thought strategy might be to remember that there is more than one perspective, or to consider your larger goals (such as preserving the relationship).*
- One of the most effective **thought** strategies is called ‘positive self-talk.’

Activity Goals:

- To engage family members in learning about self-talk.
- To encourage family members to explore their own self-talk.
- To practice turning negative self-talk into positive self-talk.

Activity Description:

Most of us, to some degree, have experienced negative self-talk. For example, we might say to ourselves, “I can’t do this!” or “I’ll never be smart enough” when faced with a challenging task or difficult situation. This makes it even harder to achieve our dreams, or be the people we want to be.

We all learn better and grow from an emotional climate of support – and that begins with our inner voices. Positive self-talk involves telling yourself something helpful or repeating a quick phrase in your head that will help you through a situation. Learning positive self-talk helps us be more supportive to ourselves and our children. Research shows if you add your name, all the better. “Self, you’ve got this!”.

Paying attention to self-talk can be transformative for families, so we encourage you to have fun practicing this important skill together at home.

2

Student, follow the first steps and then have fun doing the activity!

First Steps

1. Review the Meta-Moment Overview handout with your family.
2. Think of a story to share about a time you felt jealous, embarrassed, or nervous.
3. Ask your family members to think of a story where they felt one of those emotions, too.

The Activity



1. First, share your story with your family members.
2. Then, ask each family member to share their story.
3. Did you and your family members experience negative self-talk when you were feeling jealous, embarrassed, or nervous? Ask each person to identify any negative things they were saying to themselves that may have influenced how they felt. For example, if you're jealous of your sister, your self-talk might be, "She's Mom's favorite."

4. Now, see if you can replace the negative self-talk with positive self-talk. If you were to replay this situation, what would you tell yourself that could help you be more successful? For example, "We all feel that way sometimes," or "Mom loves us both." In other words, how would you talk to yourself as if you were talking to a good friend, and being supportive? Discuss with your family.
5. After your family's conversation about self-talk, complete Activity Sheet 1.

3

Turn your negative self-talk into positive self-talk!

ACTIVITY SHEET 1

Negative Self-Talk	Positive Self-Talk
I can't do this.	Practice makes perfect!
They like her better. I'm boring.	
I don't belong.	
I hate my body.	
It's going to turn out bad.	
My Negative Self-Talk	My Positive Self-Talk