

# Trash Talkers

*Building Positive Self-Talk*



# About Mental Fills



I am a Board Certified Licensed Clinical Social Worker with 20 years of mental health experience with children, teens, and adults. I specialize in treating depression and anxiety, and improving interpersonal relationships. I work full time in the Department of Mental Health at major hospital and have a part time private practice providing individual and group therapy. I enjoy creating resources that are effective for both the user and the participants and I work hard to sprinkle in evidenced based strategies. I am also mom to a beautiful boy with special needs, who has inspired many of the resources in my store.

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## Trash Talkers

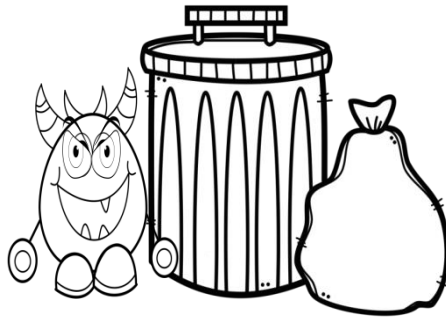
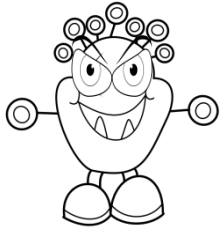


Armoring children with positive self-talk strategies is important in improving mood, self-esteem, and friendships. These activities help identify the difference between negative (trash) and positive (treasure) talk, and introduce the idea and practice of using one's positive self-talk.

What we tell ourselves about ourselves has an impact on how we feel and how we treat others. Negative self-talk, whether it comes from someone else or yourself influences our response to uncomfortable situations. For example, if I call myself "stupid," and later another person calls me "stupid," I am likely to walk away from the interaction feeling worse about myself. I may become angry and argue. However, if I am called "stupid" by another person, yet I know I am "a hard worker" and "smart in specific subjects," I am more likely to respond to the interaction with confidence. In the second scenario, the word "stupid" will roll off my back because I know what is accurate. And, I am able to choose to walk away with pride or let the other person know I am not okay with their comments.

The worksheets and task cards may be used interchangeably. No particular order. Role plays are encouraged, although important to note that the self-talk is intended to be used internally versus being used as a verbal comeback to a bully. The positive self-talk is encouraged to be practiced orally however.

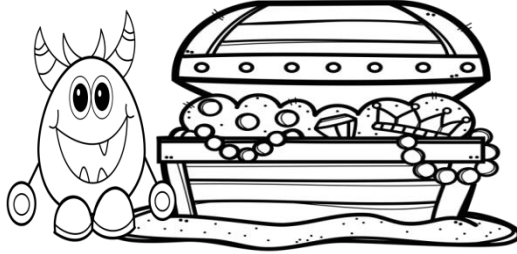
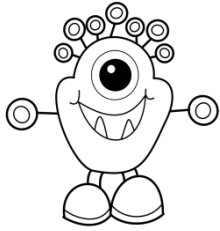
# Trash Talkers



We are the Trash Talkers.  
We say mean things to you so you believe them.

What Are Examples of Trash Talk?

# Treasure Talkers



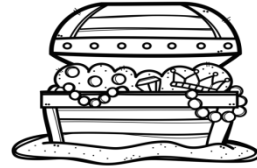
We are the Treasure Talkers.  
We say positive things to help you feel good.

What Are Examples of Treasure Talk?

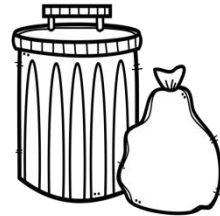
# Draw a line to match the Trash and Treasure Talk

Then, Circle The Treasure Talk Sentence and Color in The Treasure Chest.

I am horrible



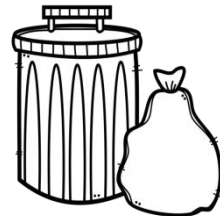
I am friendly



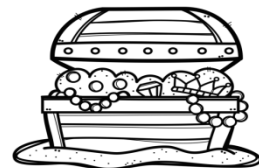
I am trash



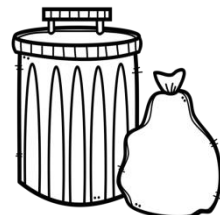
I am bad



I am a special

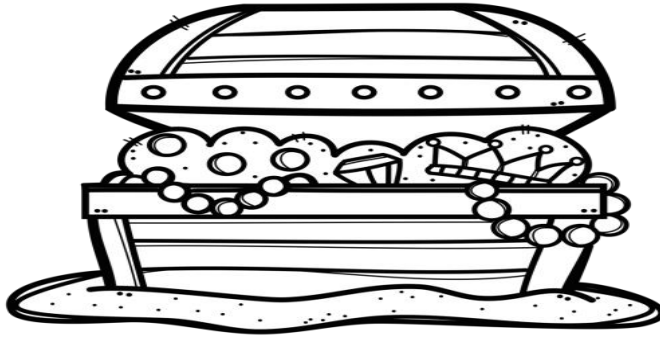


I am likeable



# Create More Treasure Talk

Re-Write The Treasure Talk Statement. Then, Color In Your Treasure



I am awesome

I am \_\_\_\_\_.

I am a hard worker

I am \_\_\_\_\_.

I am trying my best

I am \_\_\_\_\_.

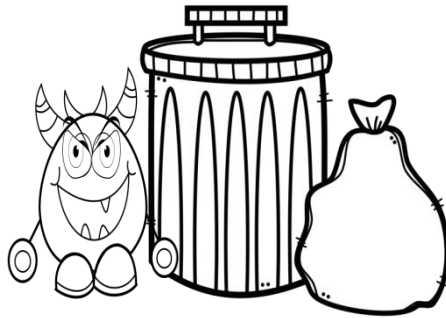
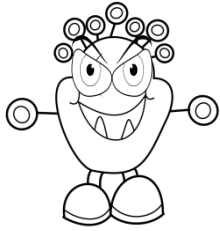
I am a good person

I am \_\_\_\_\_.

I am okay with tears

I am \_\_\_\_\_.

# Circle The Trash Talk You Find



1. You are not smart

5. You are great at crying

2. You are not mean

6. You are brave to cry

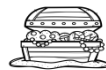
3. You are not loved

7. You are a good friend

4. You are a coward

8. You are selfish

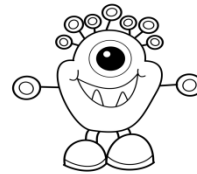
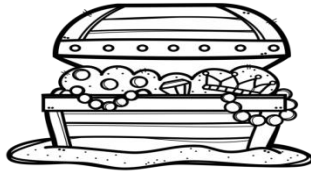
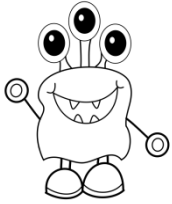
## What Treasure Talk Do You See?



Replace The Word "You are" for "I am" and Re-Write The Treasure Talk.

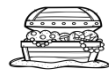


# Circle The Treasure Talk You Find



- |                               |                              |
|-------------------------------|------------------------------|
| 1. I am really good at sports | 5. I am talented at bullying |
| 2. I am too emotional         | 6. I am patient              |
| 3. I am a good enemy          | 7. I am forgetful            |
| 4. I am kind to my friends    | 8. I am an honest friend     |

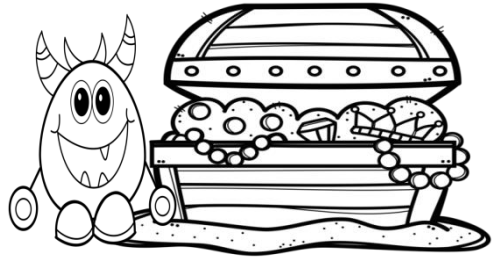
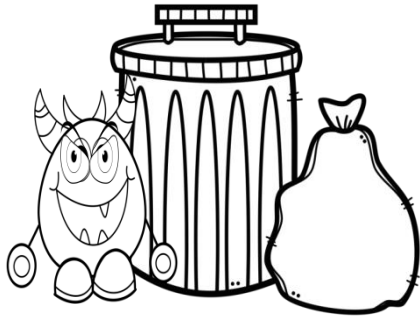
What Treasure Talk Could You Find?



Re-Write The Treasure Talk Statements.

# Change The Trash Talk Into Treasure Talk

Cross out the trash talk, and turn the new sentence into a treasure talk statement.



~~I am a loser~~

I am a good person.

I am lazy

I am \_\_\_\_\_.

I am a coward

I am \_\_\_\_\_.

I am a stupid

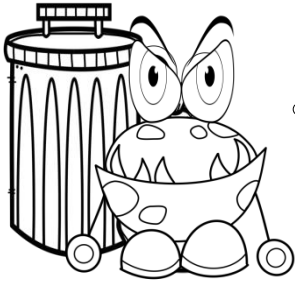
I am \_\_\_\_\_.

I am a cry baby

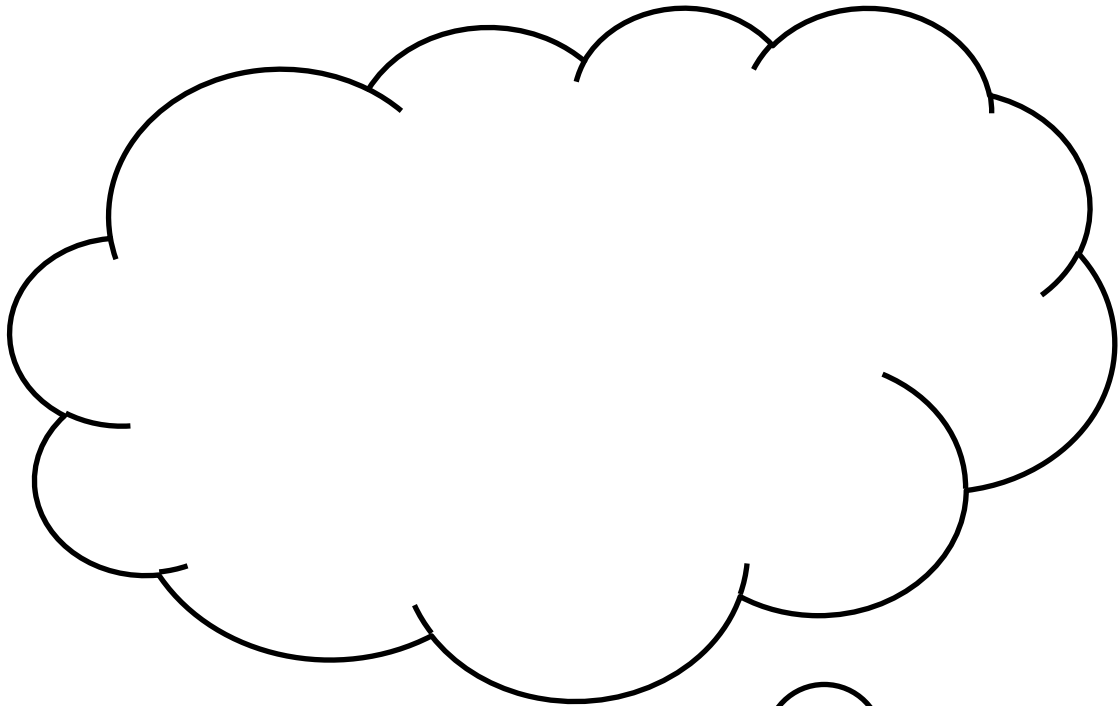
I am \_\_\_\_\_.

# Use Your Treasure Talk

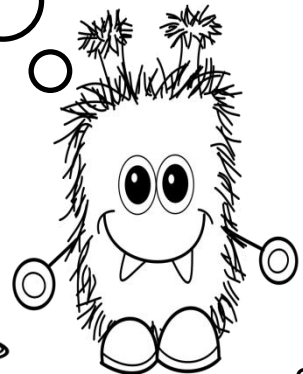
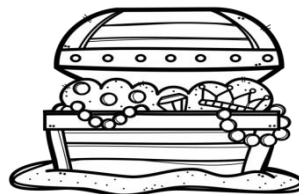
Write In The Thought Bubble A Treasure Talk Response To The Trash Talk



You are a  
cry baby!

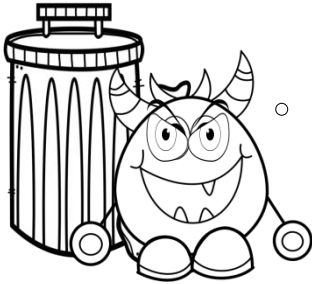


Repeat to  
yourself the  
Treasure Thought  
in the bubble

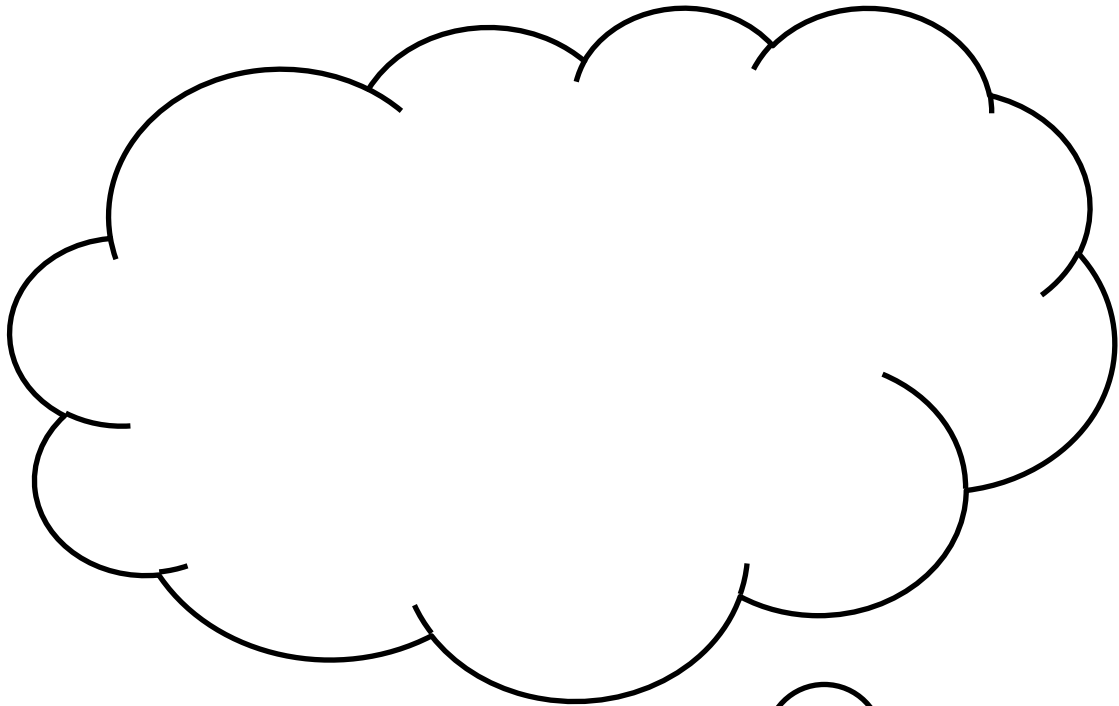


# Use Your Treasure Talk

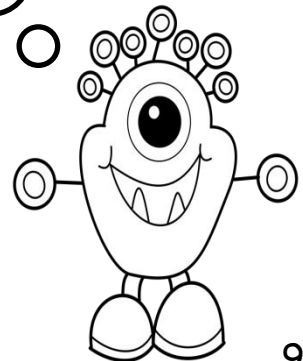
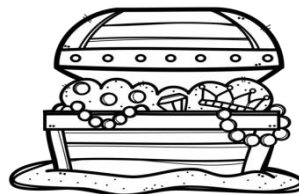
Write In The Thought Bubble A Treasure Talk Response To The Trash Talk



"You are  
not smart!"



Repeat to  
yourself the  
Treasure Thought  
in the bubble



# I Am Someone Worksheets



Step One: On the worksheet "I am Someone," have participant fill in the remaining sentence by answering the question underneath the line. Use example pages for help, if needed. Once the page is completed, have the participant read the sentences to ensure the words "I am someone" flows with what was written. For example, "I am someone who... is a good person vs. I am someone who... a good person." Finally, have participant read the entire page, as if they are reading a poem.

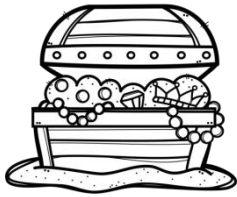
Step Two: Discuss what they learned about themselves and what it was like to read out loud.

Step Three: On the worksheet with a blank heart, have participant fill in the sentences with colored markers/pencils. This is helpful practice for self-talk becoming engrained. Encourage quiet internal rehearsal as they write. Use the example for help, if needed.

Step Four: (Optional). Re—write the self-talk statements on the blank worksheet, "I am Someone." This is additional practice to solidify the internal dialogue. Or, have the participant fill in the page by brainstorming. Repeat the reading of the poem. This page to be kept for display.



My Name is: \_\_\_\_\_



# I Am Someone

I am someone who \_\_\_\_\_

What makes you proud?

I am someone who \_\_\_\_\_

What makes your parents proud of you?

I am someone who \_\_\_\_\_

What does your best friend love about you?

I am someone who \_\_\_\_\_

What makes you a good friend?

I am someone who \_\_\_\_\_

What makes you a good person?

I am someone who \_\_\_\_\_

What is a way you have shown courage?

I am someone who \_\_\_\_\_

What is a way you have helped someone feel better?

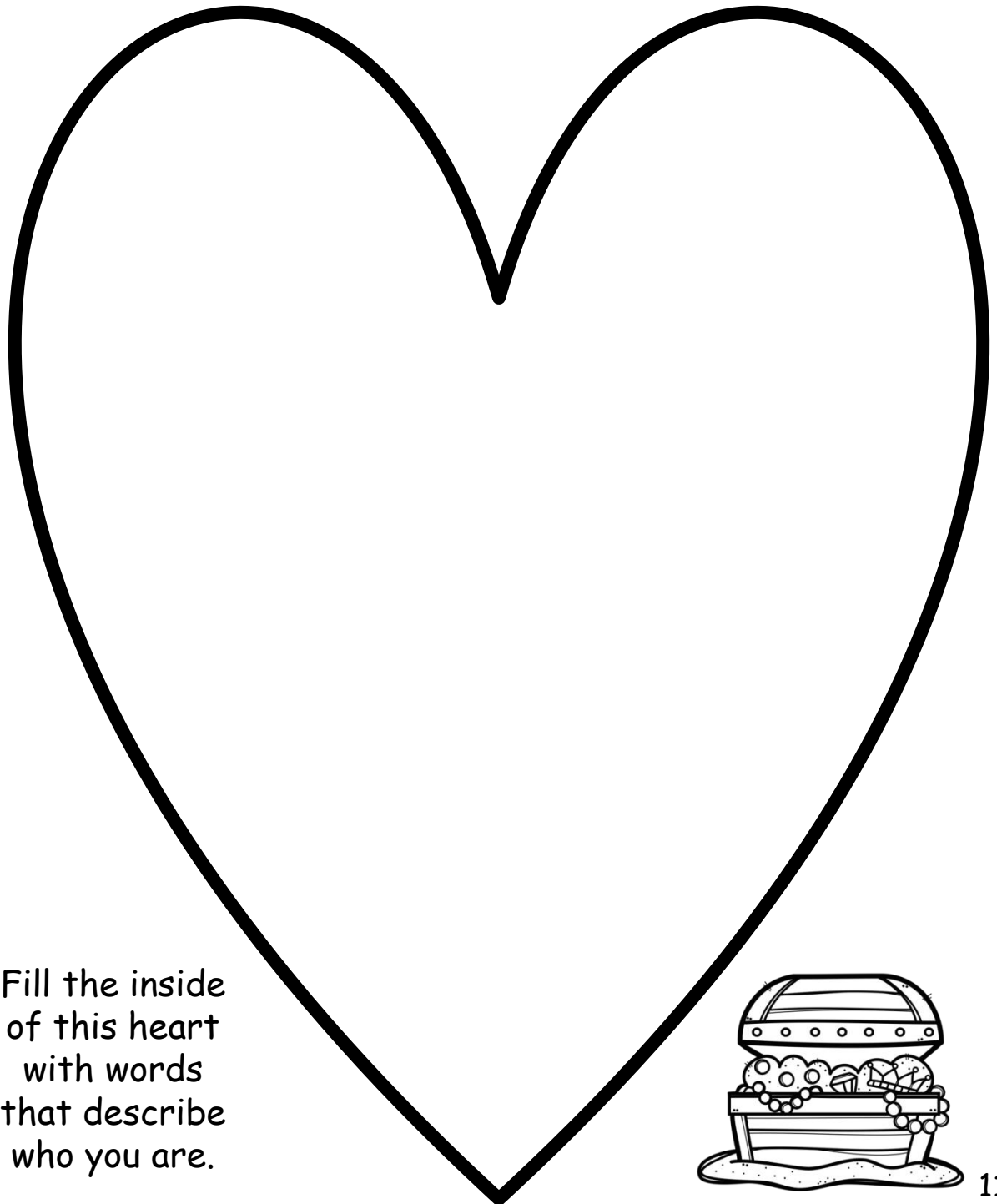
I am someone who \_\_\_\_\_

What is something you love about yourself?

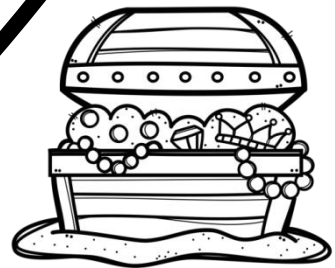


My Name is: \_\_\_\_\_

# I Am Someone



Fill the inside  
of this heart  
with words  
that describe  
who you are.



My Name is: \_\_\_\_\_



# I Am Someone

I am someone who \_\_\_\_\_

I am someone who \_\_\_\_\_

I am someone who \_\_\_\_\_

I am someone who \_\_\_\_\_

I am someone who \_\_\_\_\_

I am someone who \_\_\_\_\_

I am someone who \_\_\_\_\_

I am someone who \_\_\_\_\_

# Create Your Treasure Self-Talk

**What  
I am  
thankful  
for?**



*What  
makes  
me  
special?*

**What  
makes  
me proud?**

**Who  
loves me?**

**What  
is my  
talent?**

**Why my  
friends  
like me?**

**What has  
been my biggest  
accomplishment?**

# Write in the answers to the above poster questions

Encourage answers to be used when hearing  
trash talk (from self or others)



# My Treasure Self-Talk



Introduce the "Trash Talkers." These are bad names or labels (i.e. loser, stupid, ugly...) that either come from family members, friends, peers, or ourselves. Although they are sometimes said in teasing, they are hurtful and unhelpful to our self-confidence, especially because we start to believe them.

Mix up the pile of printed "Trash Talk" and "Treasure Talk" laminated cards. Have a participant randomly pull one of the task cards to read out loud. Use the opportunity to have the participant share a time they have heard this said and share the consequential feelings. Encourage perspective taking if they have not heard it before.

When a "Trash Talk" task card is pulled, after reviewing the above, ask what self talk messages they could say to themselves to make them feel better. If having trouble, try to encourage looking at the facts or invite the participant to read from the heart a positive self-talk, the treasure self-talk worksheet or collect a positive self-talk task card. Feel free to use these cards separately and ask WHY IS THIS NOT TRUE?

When a "Treasure Talk" task card is pulled, ask about a time they would benefit using this self-talk statement. Have the participant visualize the event and rehearse the self-talk. These could be used in role plays, for example having someone pretend to be a "trash talker," and the participant verbalizing what they plan to tell them selves to feel better. Feel free to use these cards separately and ask WHY IS THIS TRUE?





# Trash Talk

Print below Trash Talk images  
on the front of the negative  
self-talk thought bubbles.

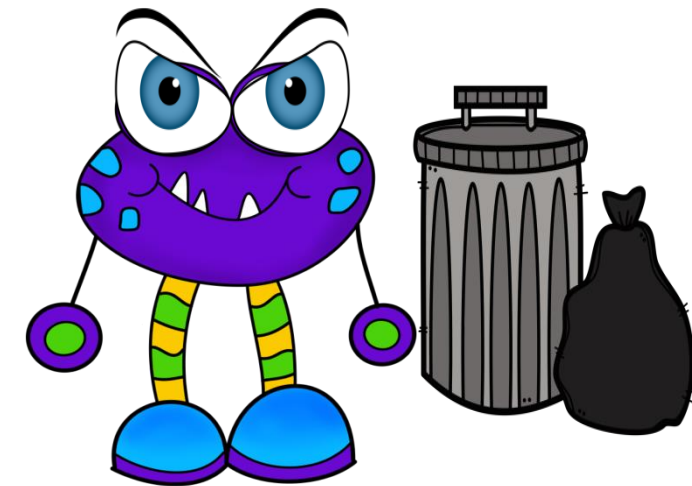




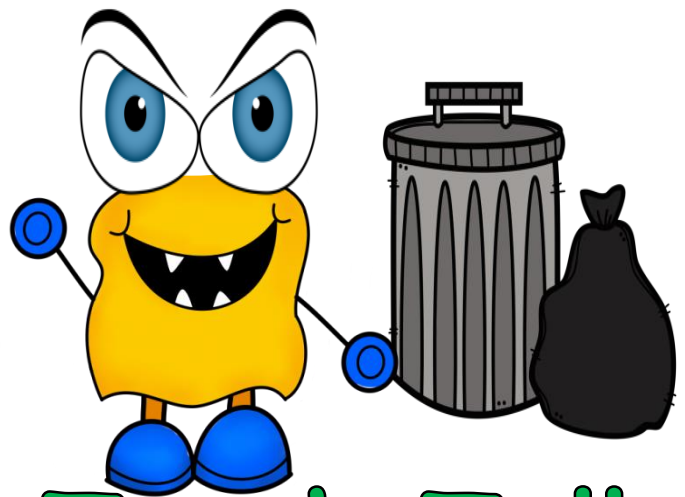
Trash Talk



Trash Talk



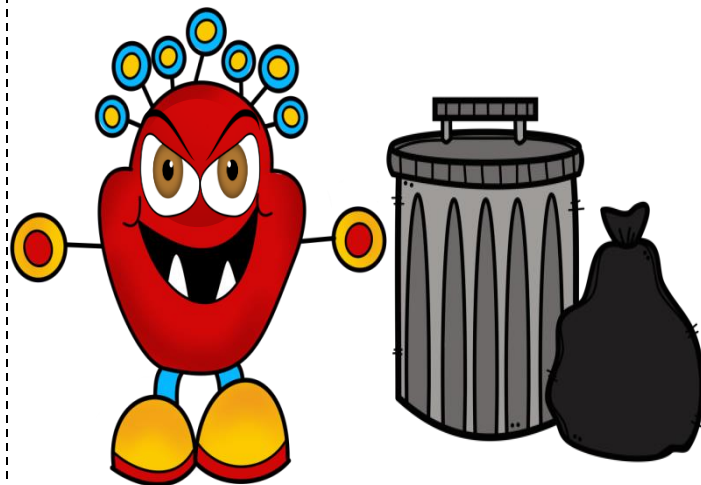
Trash Talk



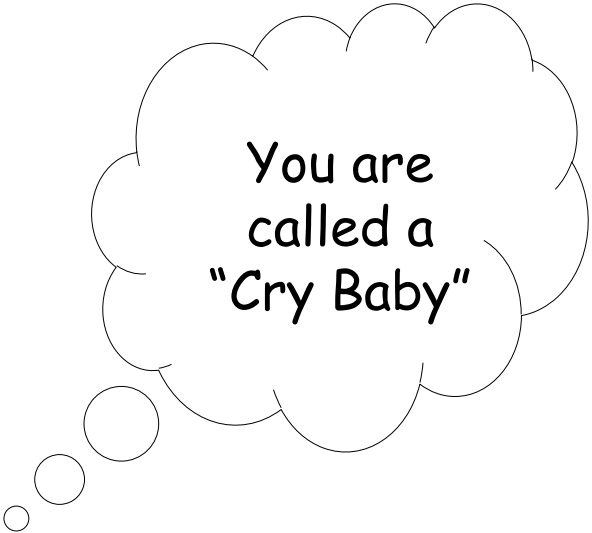
Trash Talk



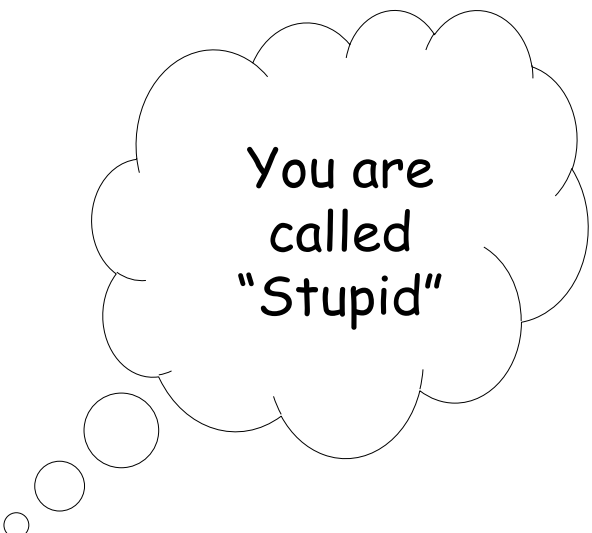
Trash Talk



Trash Talk



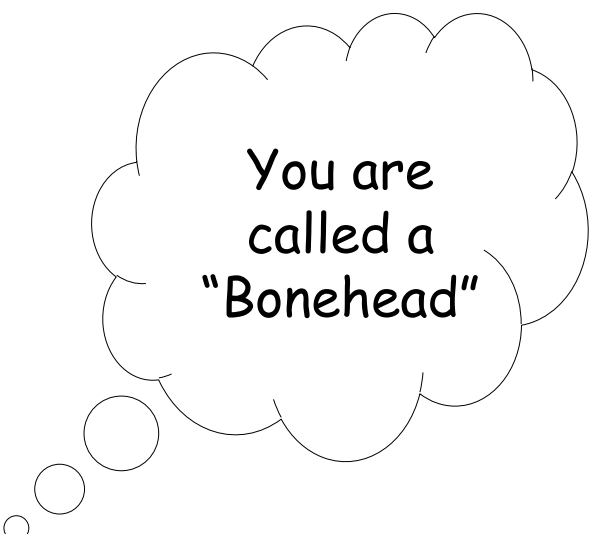
You are  
called a  
"Cry Baby"



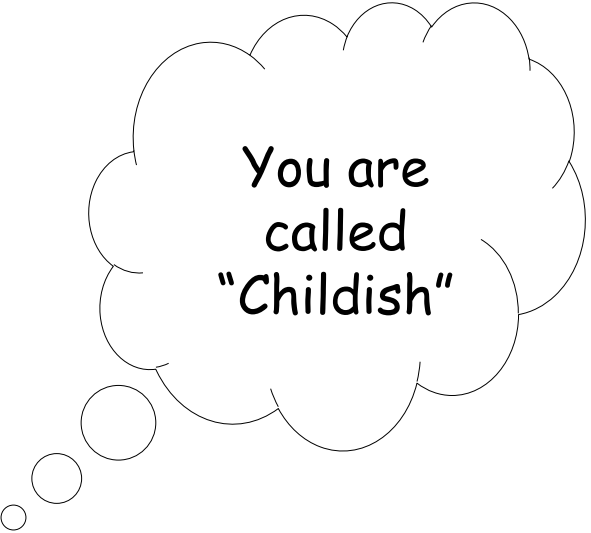
You are  
called  
"Stupid"




You are  
called  
"Ugly"



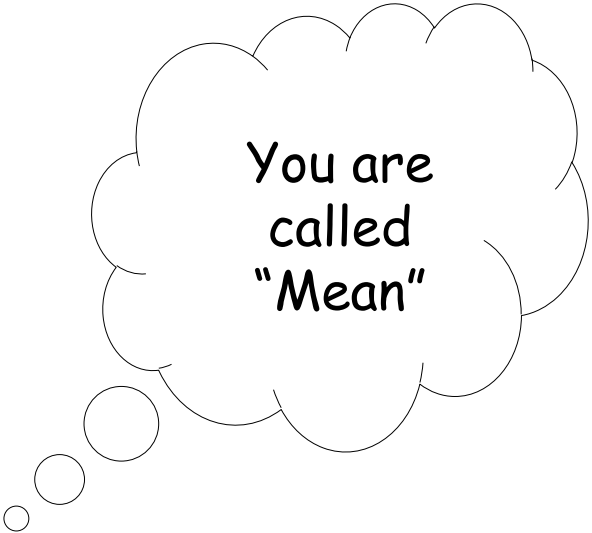
You are  
called a  
"Bonehead"



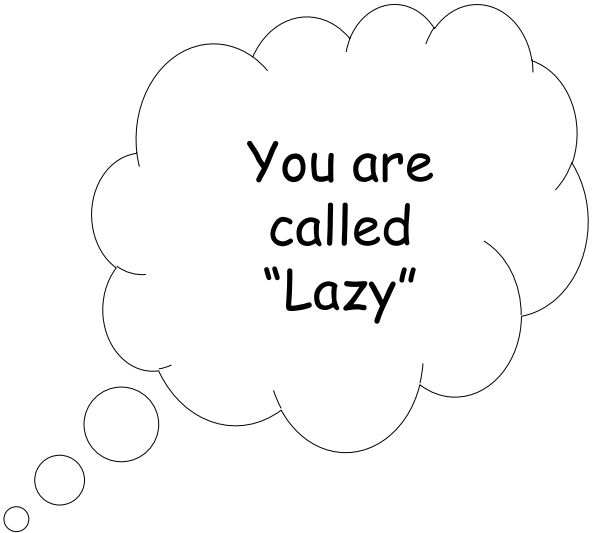
You are  
called  
"Childish"



You are  
called  
"Selfish"



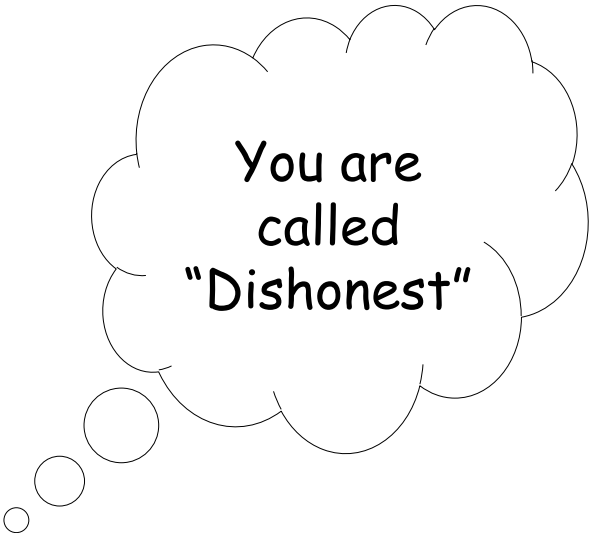
You are  
called  
"Mean"



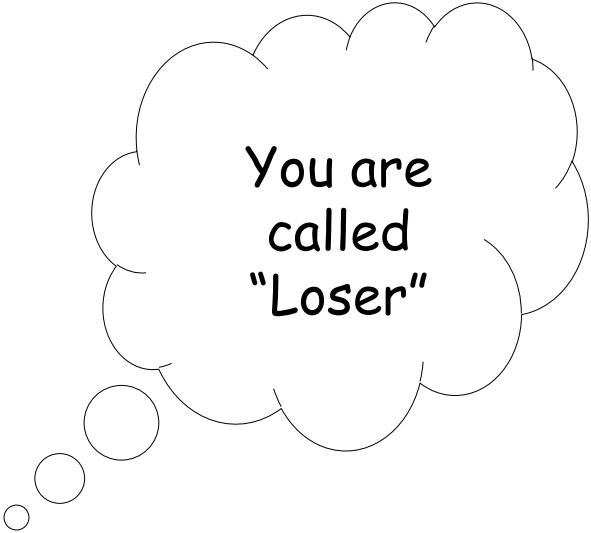
You are  
called  
"Lazy"



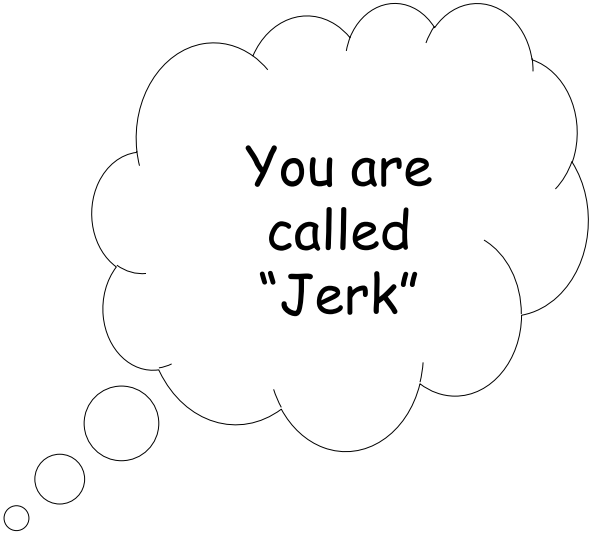
You are  
called  
"Rude"



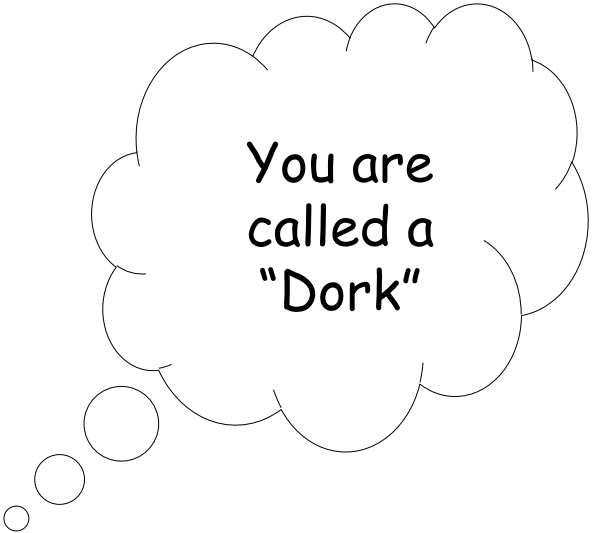
You are  
called  
"Dishonest"



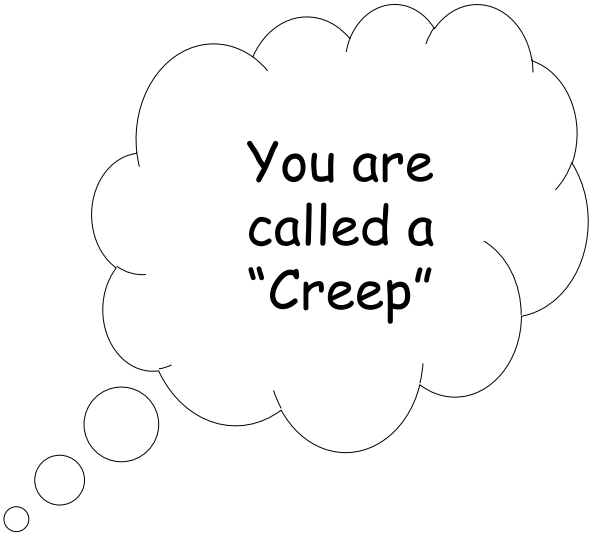
You are  
called  
"Loser"



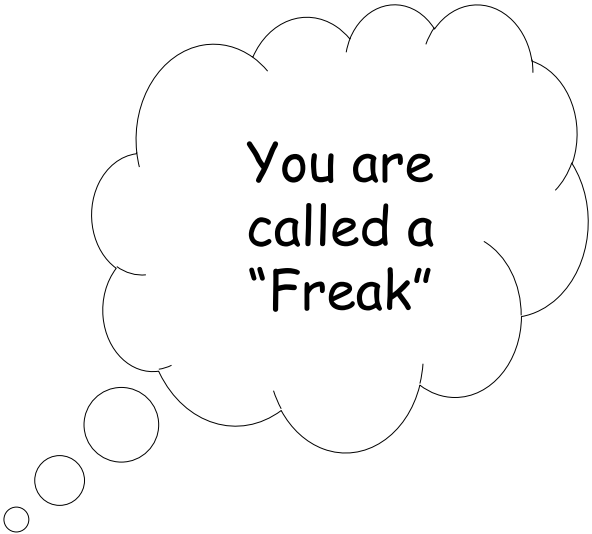
You are  
called  
"Jerk"



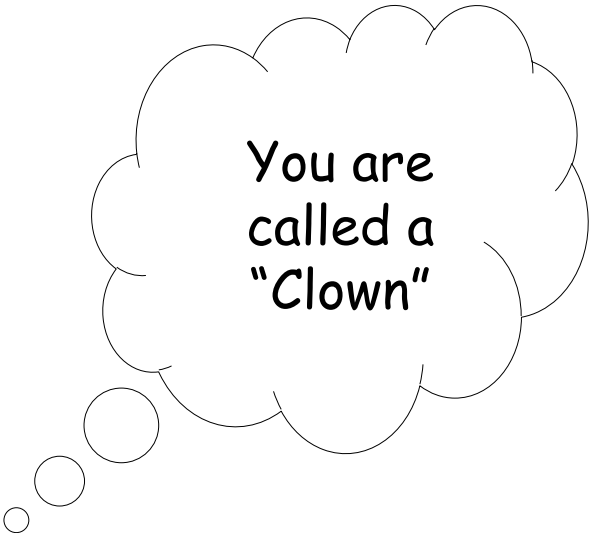
You are  
called a  
"Dork"



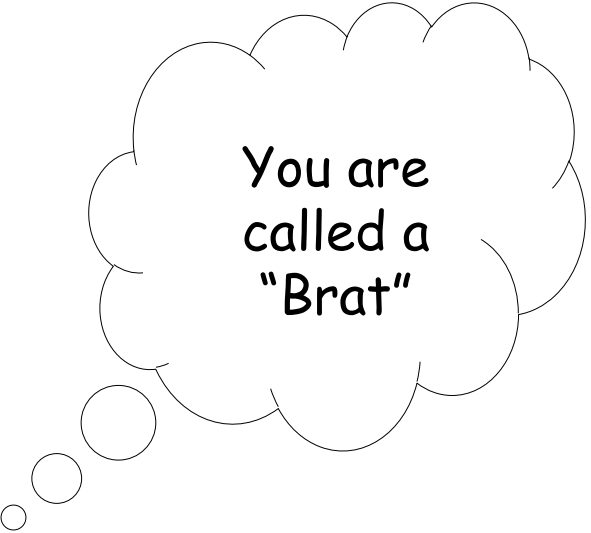
You are  
called a  
"Creep"



You are  
called a  
"Freak"



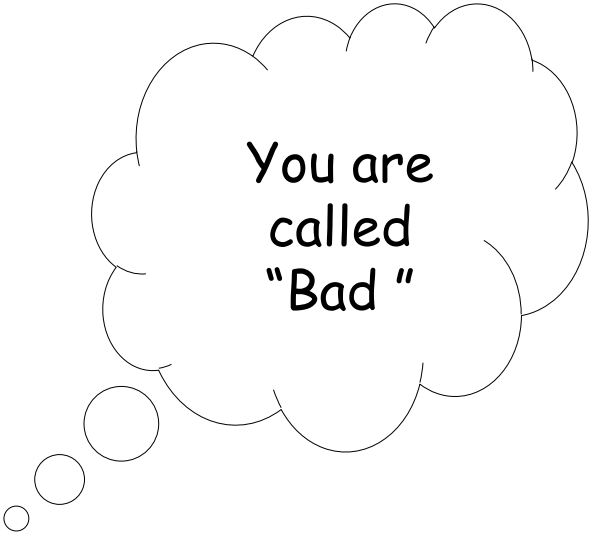
You are  
called a  
"Clown"



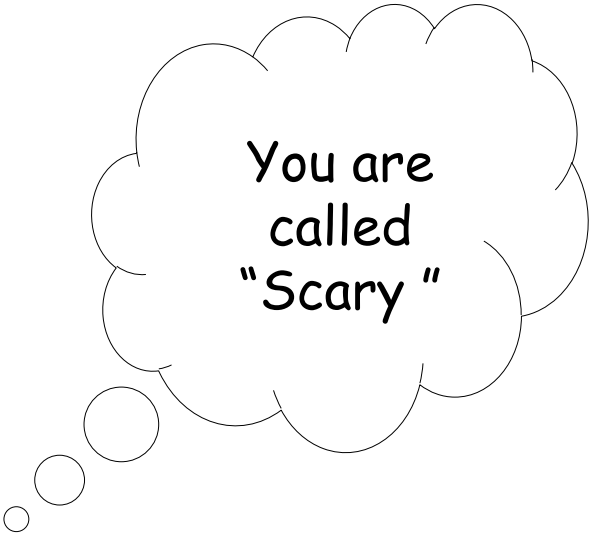
You are  
called a  
"Brat"



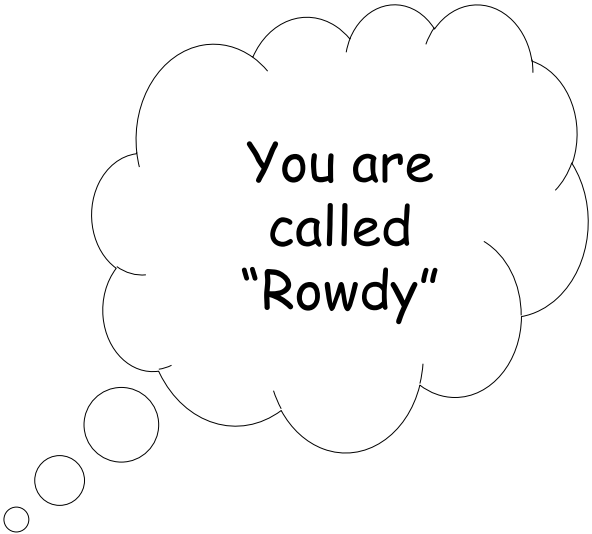
You are  
called a  
"Chicken"



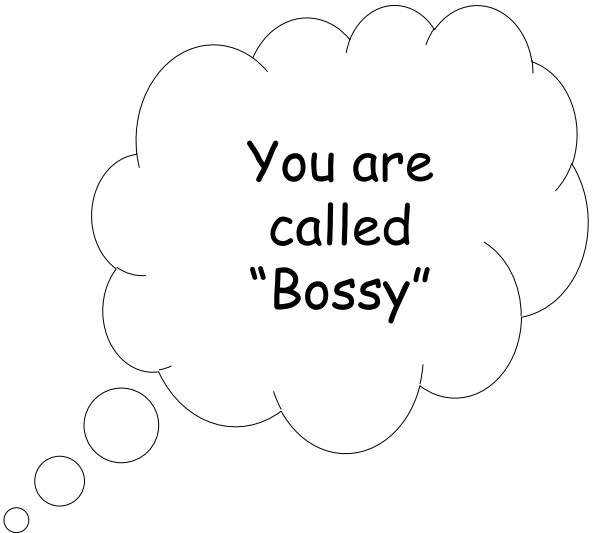
You are  
called  
"Bad "



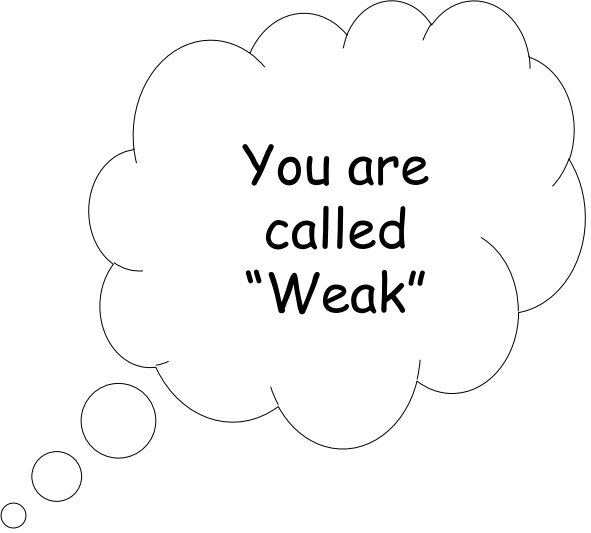
You are  
called  
"Scary "



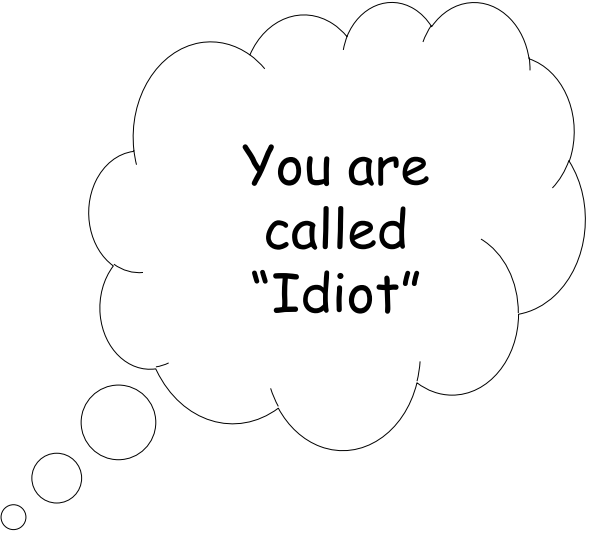
You are  
called  
"Rowdy"



You are  
called  
"Bossy"



You are  
called  
"Weak"



You are  
called  
"Idiot"



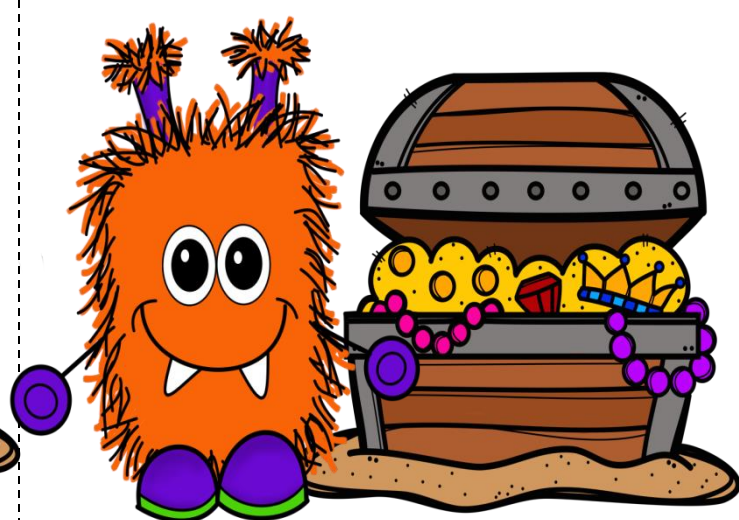
# Treasure Talk

Print below Treasure Talk  
images on the front of the  
positive self-talk thought bubbles.

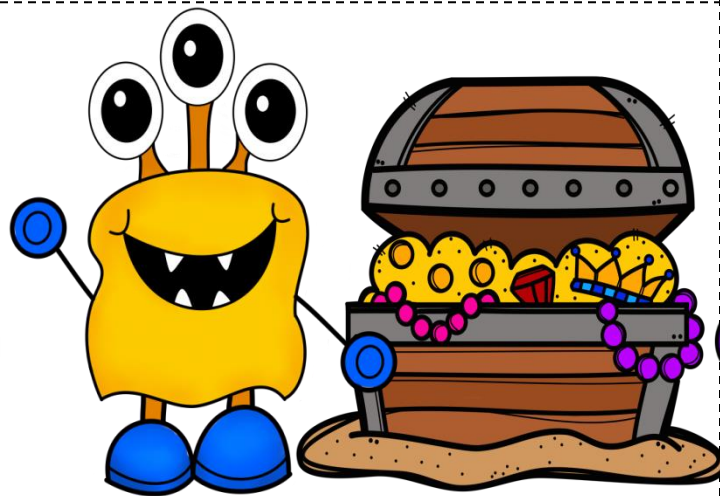




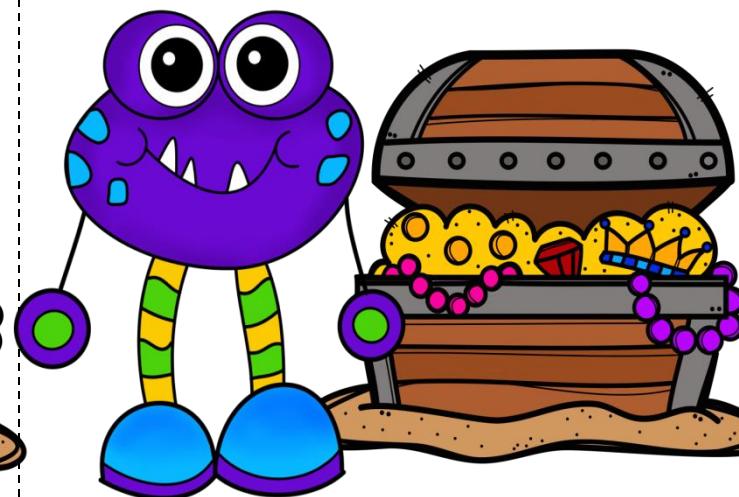
Treasure Talk



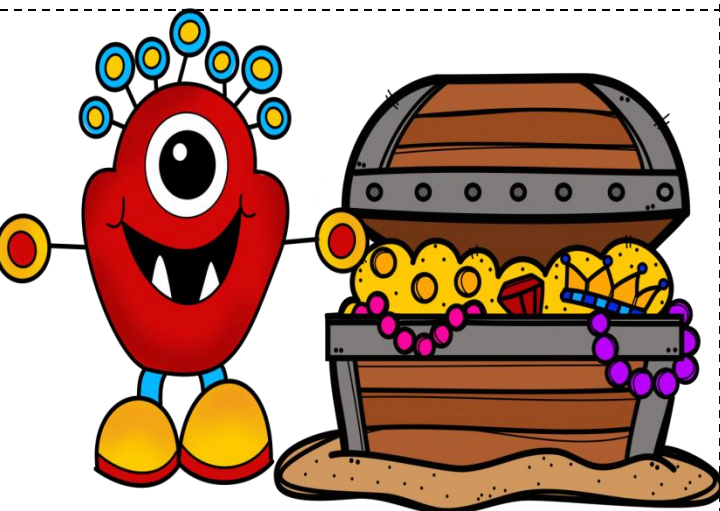
Treasure Talk



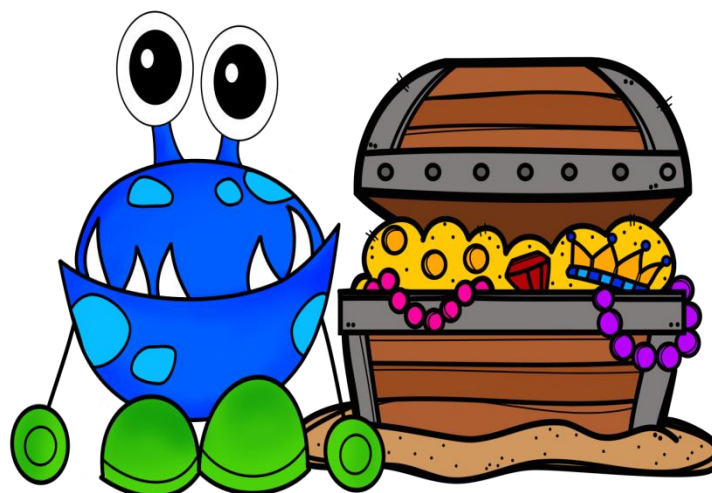
Treasure Talk



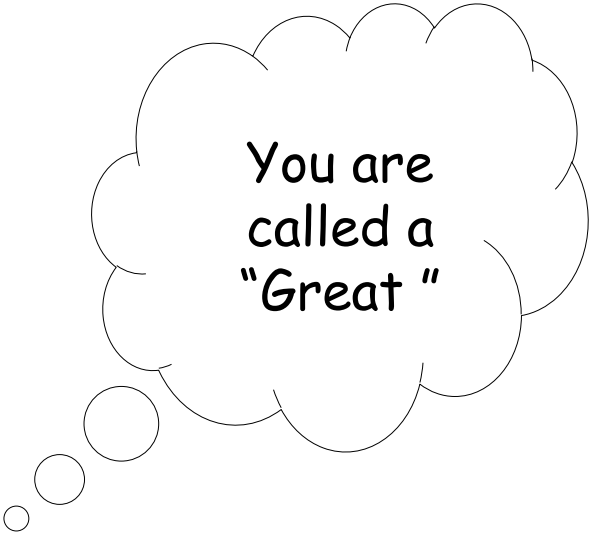
Treasure Talk



Treasure Talk



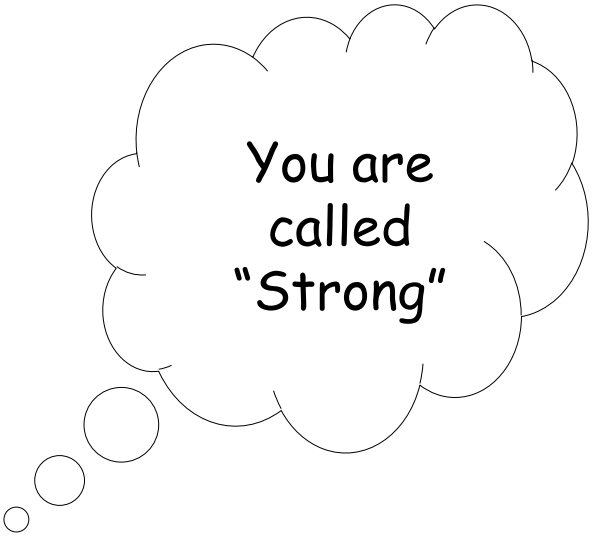
Treasure Talk



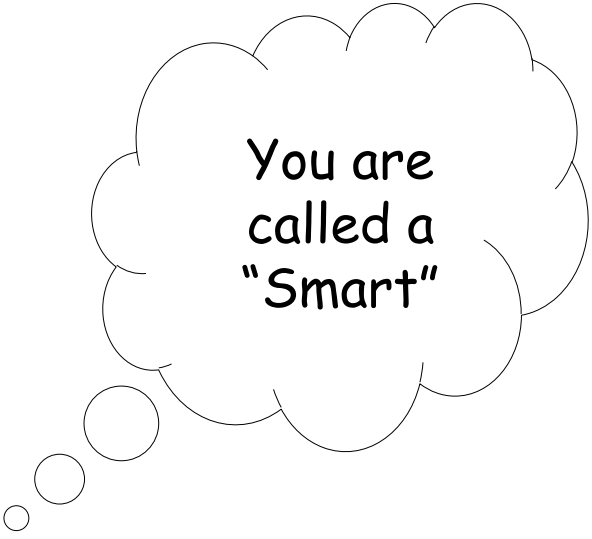
You are  
called a  
"Great "



You are  
called  
"Awesome "



You are  
called  
"Strong"



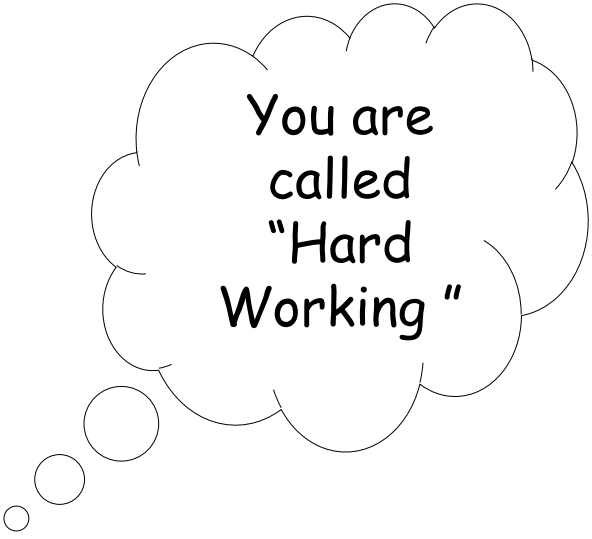
You are  
called a  
"Smart"



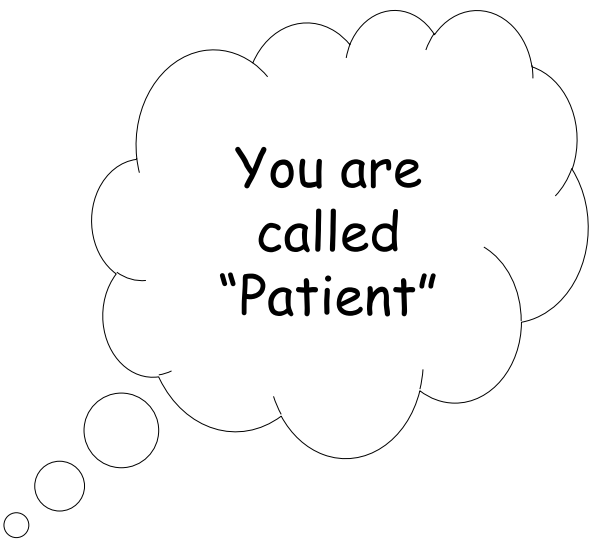
You are  
called  
"Talented"



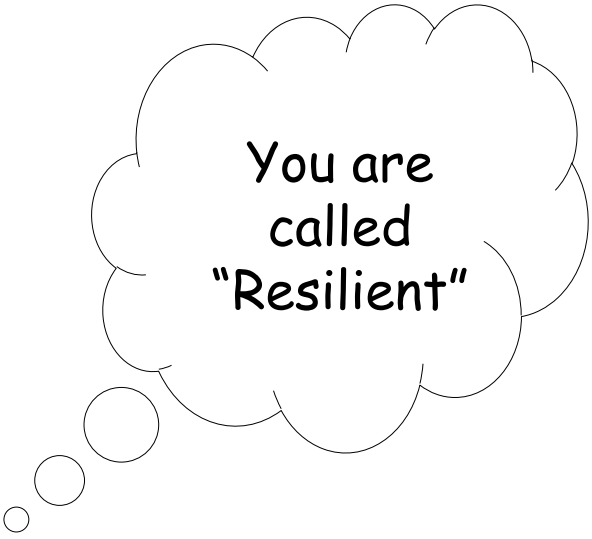
You are  
called  
"Kind"



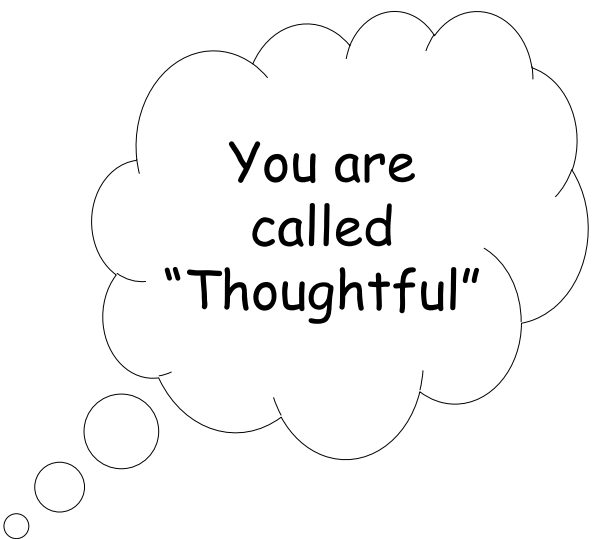
You are  
called  
"Hard  
Working "



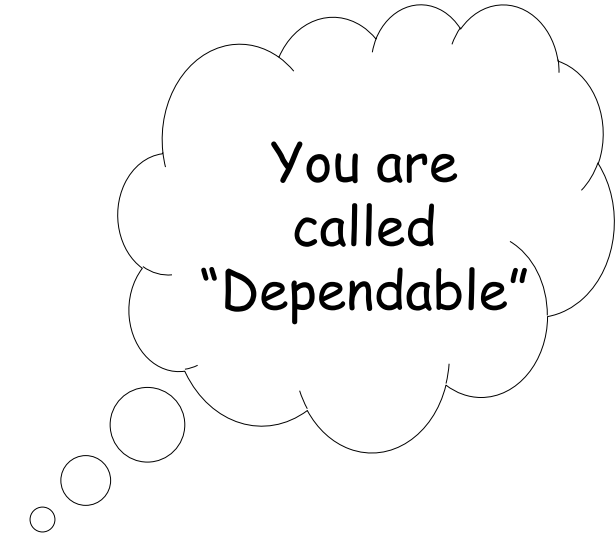
You are  
called  
"Patient"



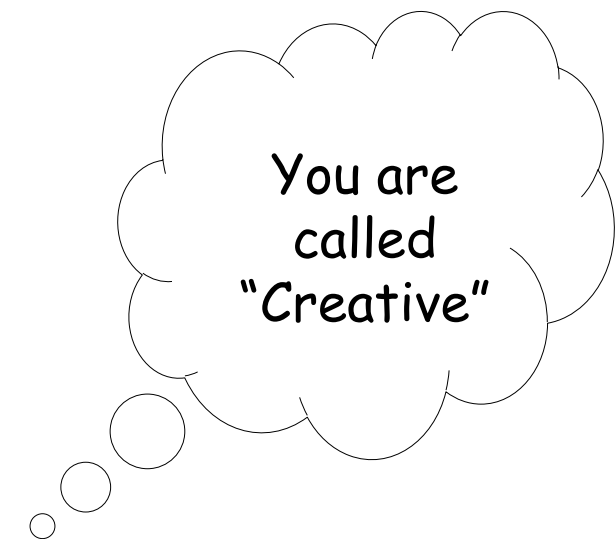
You are  
called  
"Resilient"



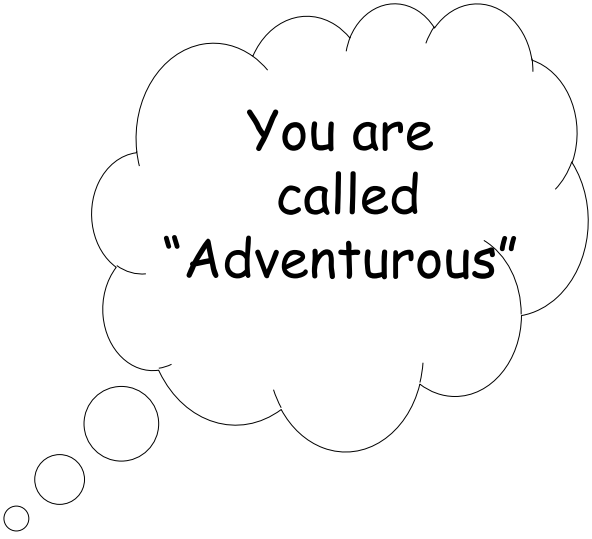
You are  
called  
"Thoughtful"



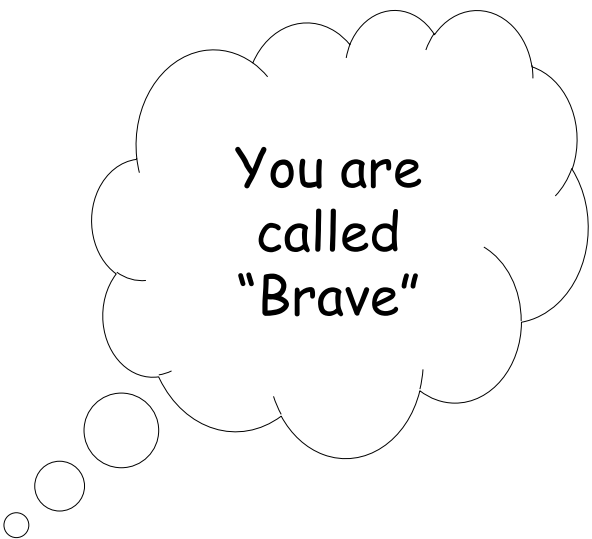
You are  
called  
"Dependable"



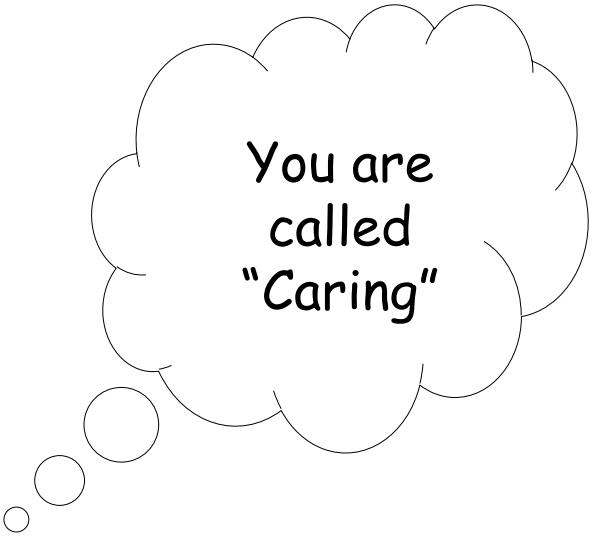
You are  
called  
"Creative"



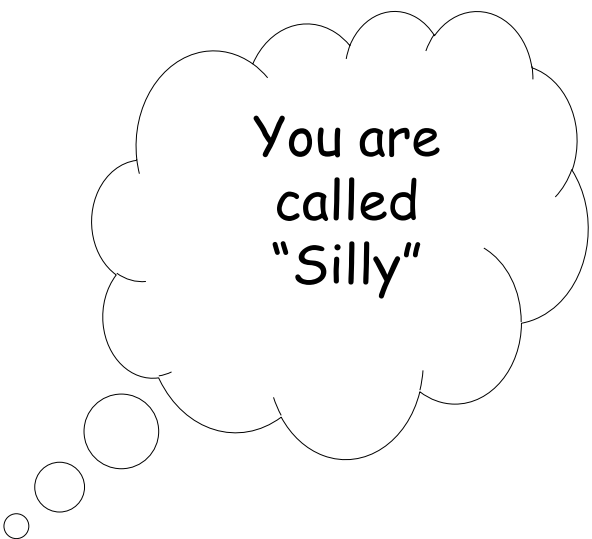
You are  
called  
"Adventurous"



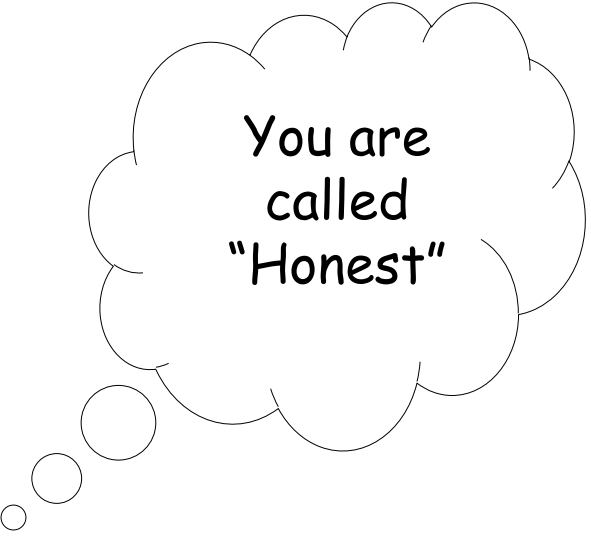
You are  
called  
"Brave"



You are  
called  
"Caring"



You are  
called  
"Silly"




You are  
called  
"Honest"



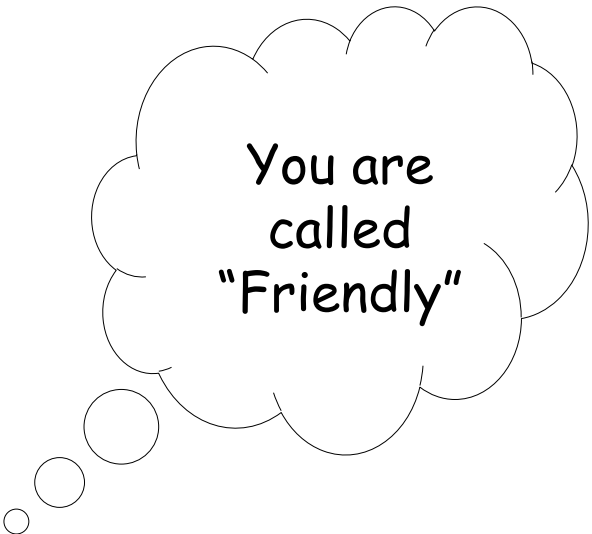
You are  
called  
"Polite"



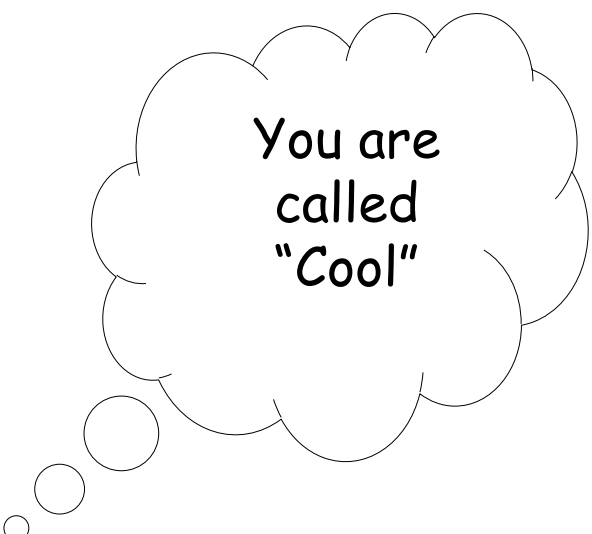
You are  
called  
"Loyal"



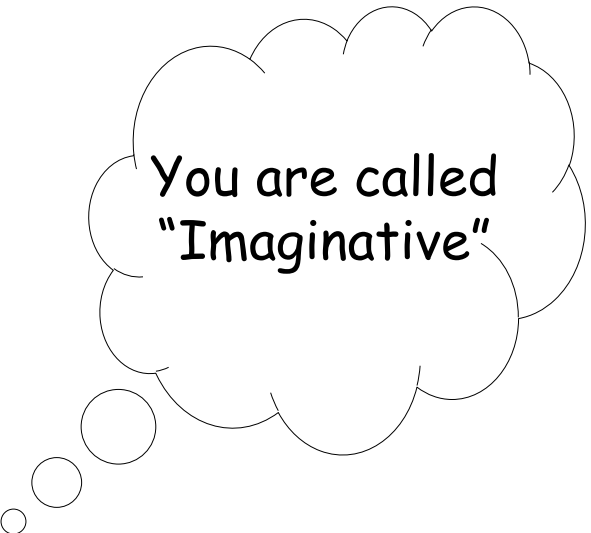
You are  
called  
"Fun"



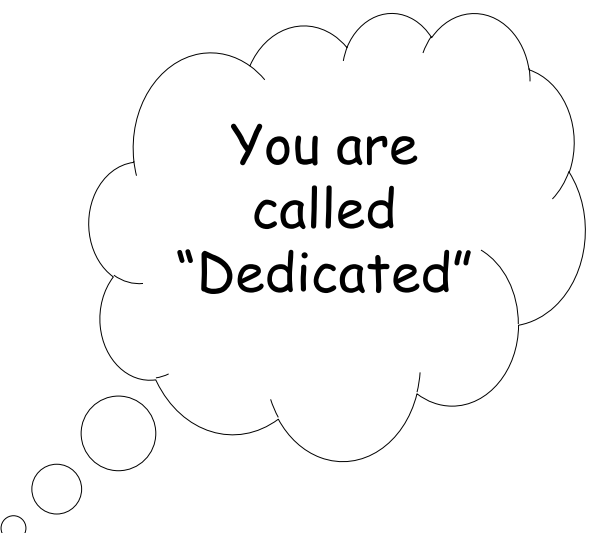
You are  
called  
"Friendly"



You are  
called  
"Cool"



You are called  
"Imaginative"

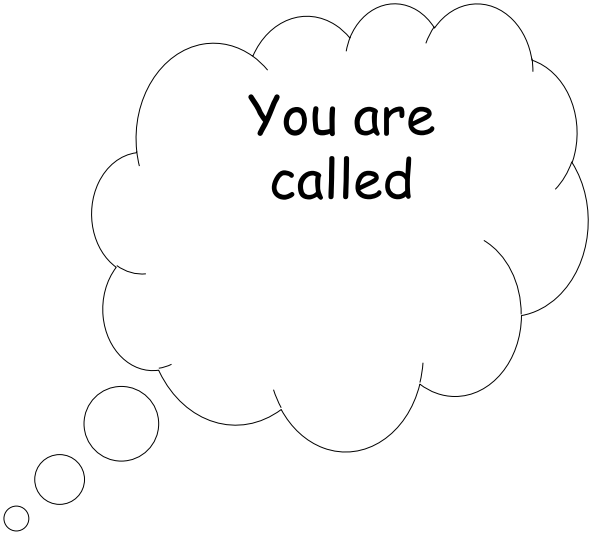


You are  
called  
"Dedicated"

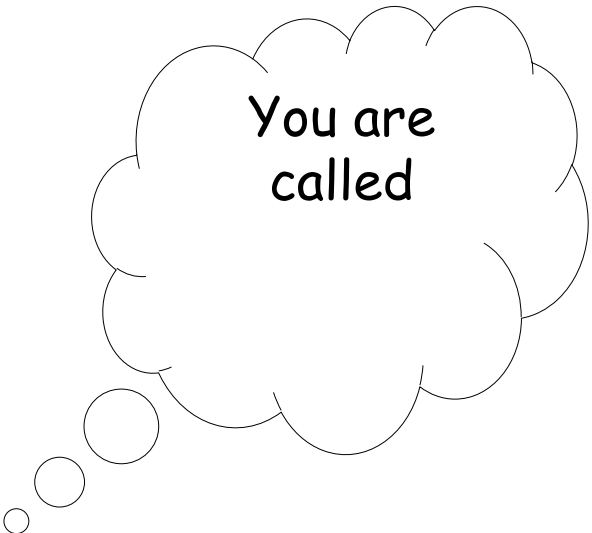


# Extra Thought Bubbles for Hand Written Personalization

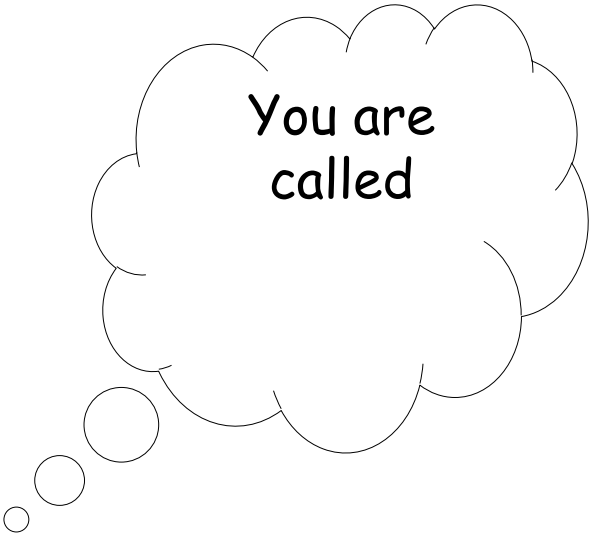




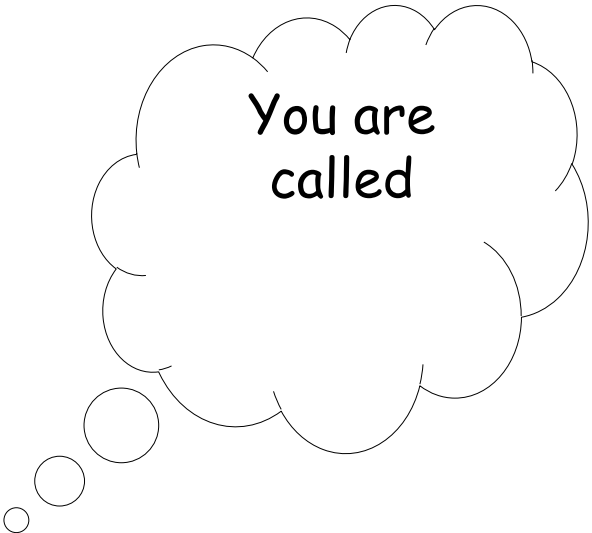
**You are  
called**



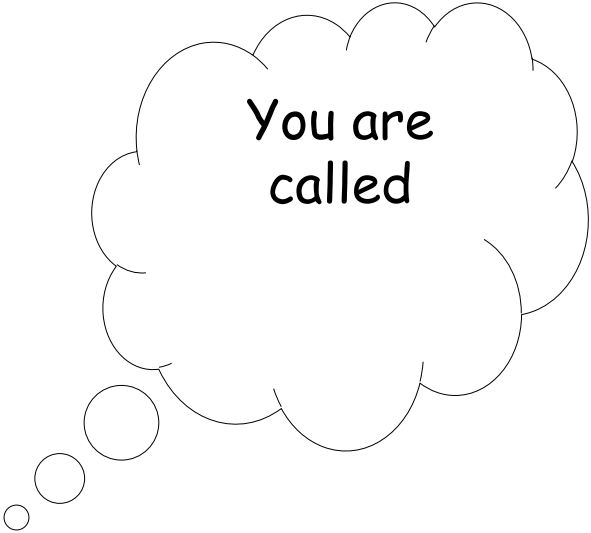
**You are  
called**



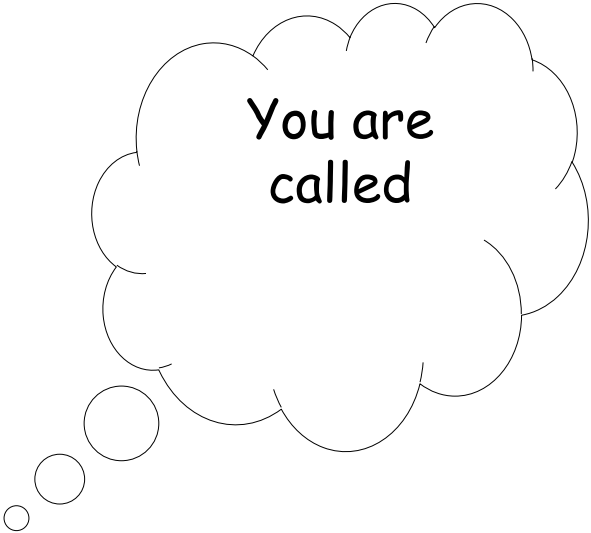
**You are  
called**



**You are  
called**



**You are  
called**

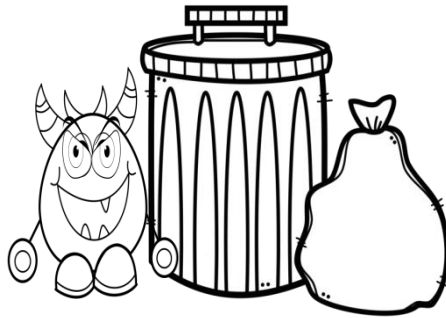
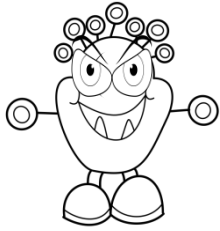


**You are  
called**

# Examples for Worksheets



# Trash Talkers



We are the Trash Talkers.  
We say mean things to you so you believe them.

## What Are Examples of Trash Talk?

### Examples

*I am a bad  
person*

*I am a cry baby*

*I am not smart*

*I am a coward*

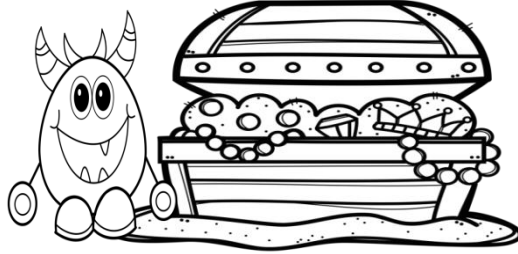
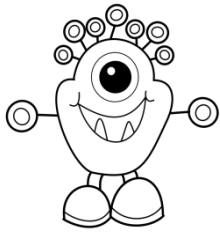
*I am not loved*

*I am a loser*

*I am hated*

*I am not  
good enough*

# Treasure Talkers



We are the Treasure Talkers.  
We say positive things to help you feel good.

What Are Examples of Treasure Talk?

## Examples

*I am a  
good person*

*I am a good friend*

*I am a hard worker*

*I am courageous*

*I am loveable*

*I am important*

*I am kind*

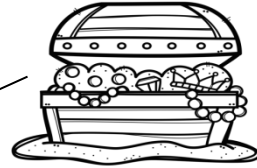
*I am good enough*

# Draw a line to match the Trash and Treasure Talk

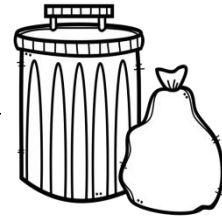
Then, Circle The Treasure Talk Sentence and Color in The Treasure Chest.

## Example

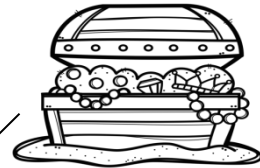
I am horrible



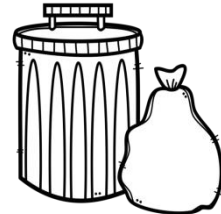
I am friendly



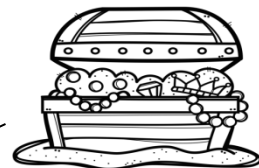
I am trash



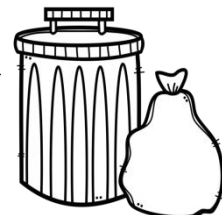
I am bad



I am a special



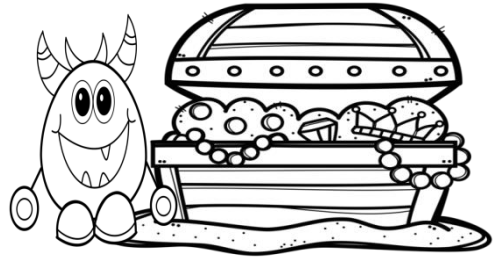
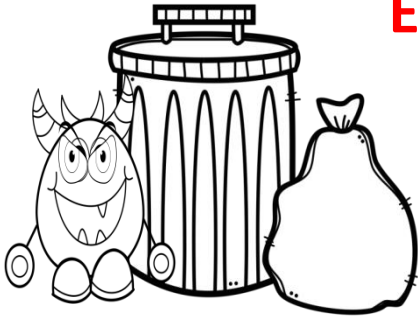
I am likeable



# Change The Trash Talk Into Treasure Talk

Cross out the trash talk, and turn the new sentence into a treasure talk statement.

## Example Ideas



~~I am a loser~~

I am a good person.

~~I am lazy~~

I am tired at times but I work hard when I have energy.

~~I am a coward~~

I am courageous when I am with friends.

~~I am a stupid~~

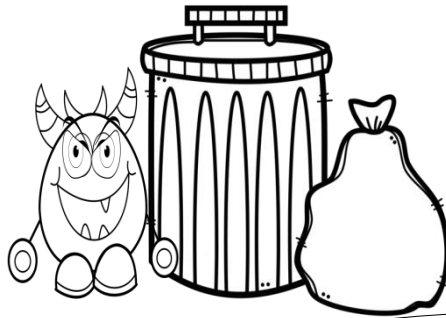
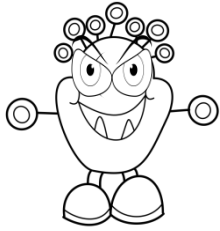
I am trying the best I can.

~~I am a cry baby~~

I am hurt but courageous to cry.

## Example

### Circle The Trash Talk You Find



1. You are not smart

5. You are great at crying

2. You are not mean

6. You are brave to cry

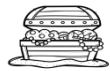
3. You are not loved

7. You are a good friend

4. You are a coward

8. You are selfish

### What Treasure Talk Do You See?



Replace The Word "You are" for "I am" and Re-Write The Treasure Talk.

*I am not mean*

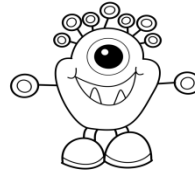
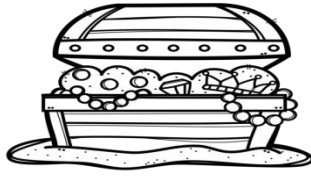
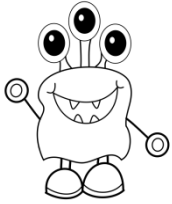
*I am brave to cry*

*I am a good friend*



# Circle The Treasure Talk You Find

## Example



1. I am really good at sports

5. I am talented at bullying

2. I am too emotional

6. I am patient

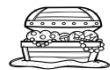
3. I am a good enemy

7. I am forgetful

4. I am kind to my friends

8. I am an honest friend

### What Treasure Talk Could You Find?



Re-Write The Treasure Talk Statements.

*I am really  
good at sports*

*I am patient*

*I am an honest friend*

*I am kind to  
my friends*

EXAMPLE

My Name is: \_\_\_\_\_

# I Am Someone

I make  
my parents  
proud.

I am proud  
of me.

I am a  
good  
friend.

**I am a  
good person.**

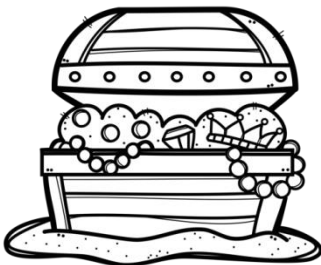
I am loved  
by my  
best  
friend.

**I do not give  
up when things  
are tough.**

**I am  
courageous.**

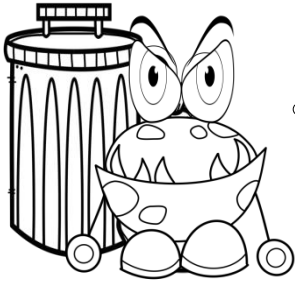
**I HELP  
OTHERS  
FEEL  
BETTER.**

Fill the inside  
of this star  
with words  
that describe  
who you are.



# Use Your Treasure Talk

Write In The Thought Bubble A Treasure Talk Response To The Trash Talk

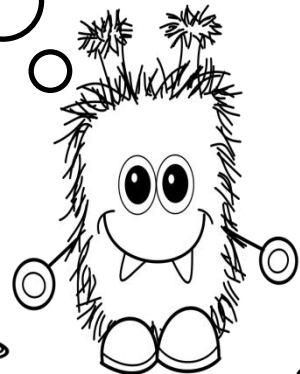
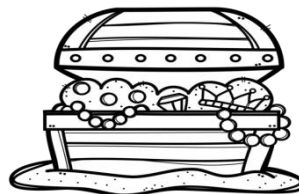


You are a  
cry baby!

## SAMPLE SELF-TALK

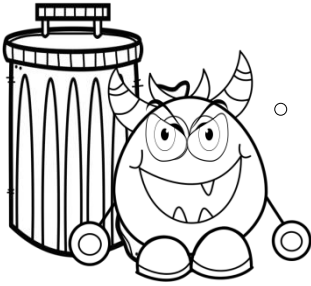
- *It is okay that I am upset.*
- *I am brave to show my tears.*
- *I am not a cry baby because I am not whining.*
- *I make big kid choices when I am not upset.*
- *I will show my tears to those I trust only.*

Repeat to  
yourself the  
Treasure Thought  
in the bubble



# Use Your Treasure Talk

Write In The Thought Bubble A Treasure Talk Response To The Trash Talk

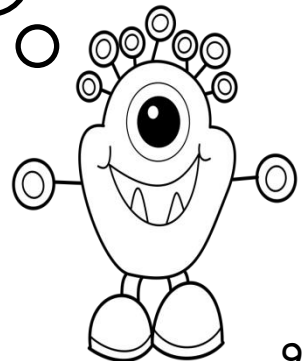
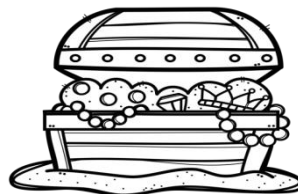


"You are  
not smart!"

## SAMPLE SELF-TALK

- I am still learning.
- I am trying the best I can.
- I need to practice more.
- I may need a little extra help.
- I am smart with music and math.

Repeat to  
yourself the  
Treasure Thought  
in the bubble



**EXAMPLE 1: Be specific**

My Name is: \_\_\_\_\_



# I Am Someone

I am someone who can play twinkle twinkle on the violin.

What makes you proud?

I am someone who takes good care of my baby sister.

What makes your parents proud of you?

I am someone who knows how to make my friend's laugh.

What does your best friend love about you?

I am someone who plays fair.

What makes you a good friend?

I am someone who says sorry and forgives.

What makes you a good person?

I am someone who tells others how I feel.

What is a way you have shown courage?

I am someone who has helped a new kid feel comfortable.

What is a way you have helped someone feel better?

I am someone who tries hard to improve my reading level.

What is something you love about yourself?

## EXAMPLE 2: Be General

My Name is: \_\_\_\_\_



# I Am Someone

I am someone who

I am proud of how hard I try n school.

What makes you proud?

I am someone who

makes my parents proud.

What makes your parents proud of you?

I am someone who

is loved by my best friend.

What does your best friend love about you?

I am someone who

is a good friend.

What makes you a good friend?

I am someone who

is a good person.

What makes you a good person?

I am someone who

shows courage.

What is a way you have shown courage?

I am someone who

helps others feel better.

What is a way you have helped someone feel better?

I am someone who

does not give up when things are tough.

What is something you love about yourself?

# Bonus Posters & Coloring Pages



# Throw Out the Trash Self-Talk





# Use Your Treasure Self-Talk



I Am  
Someone  
SPECIAL

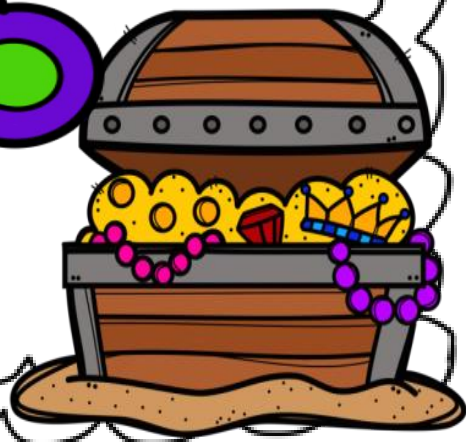
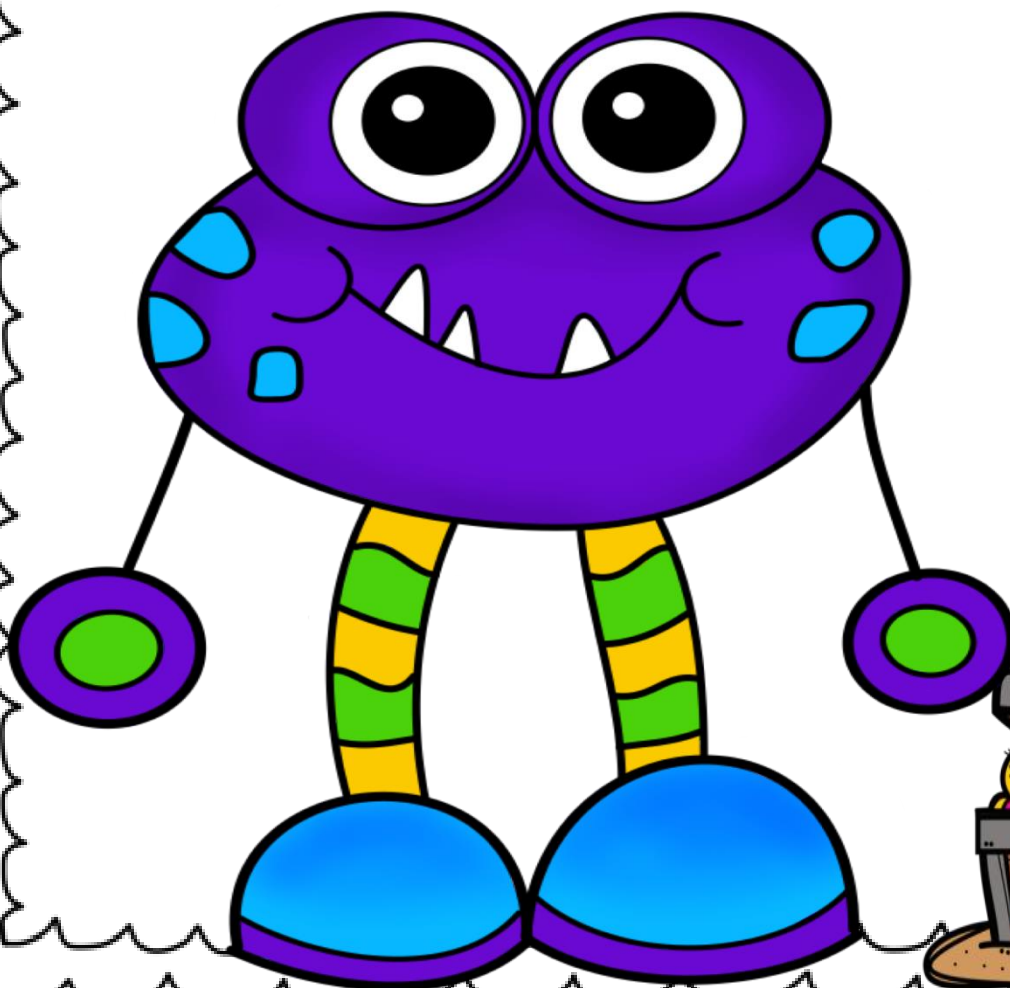


I Am  
Awesome!

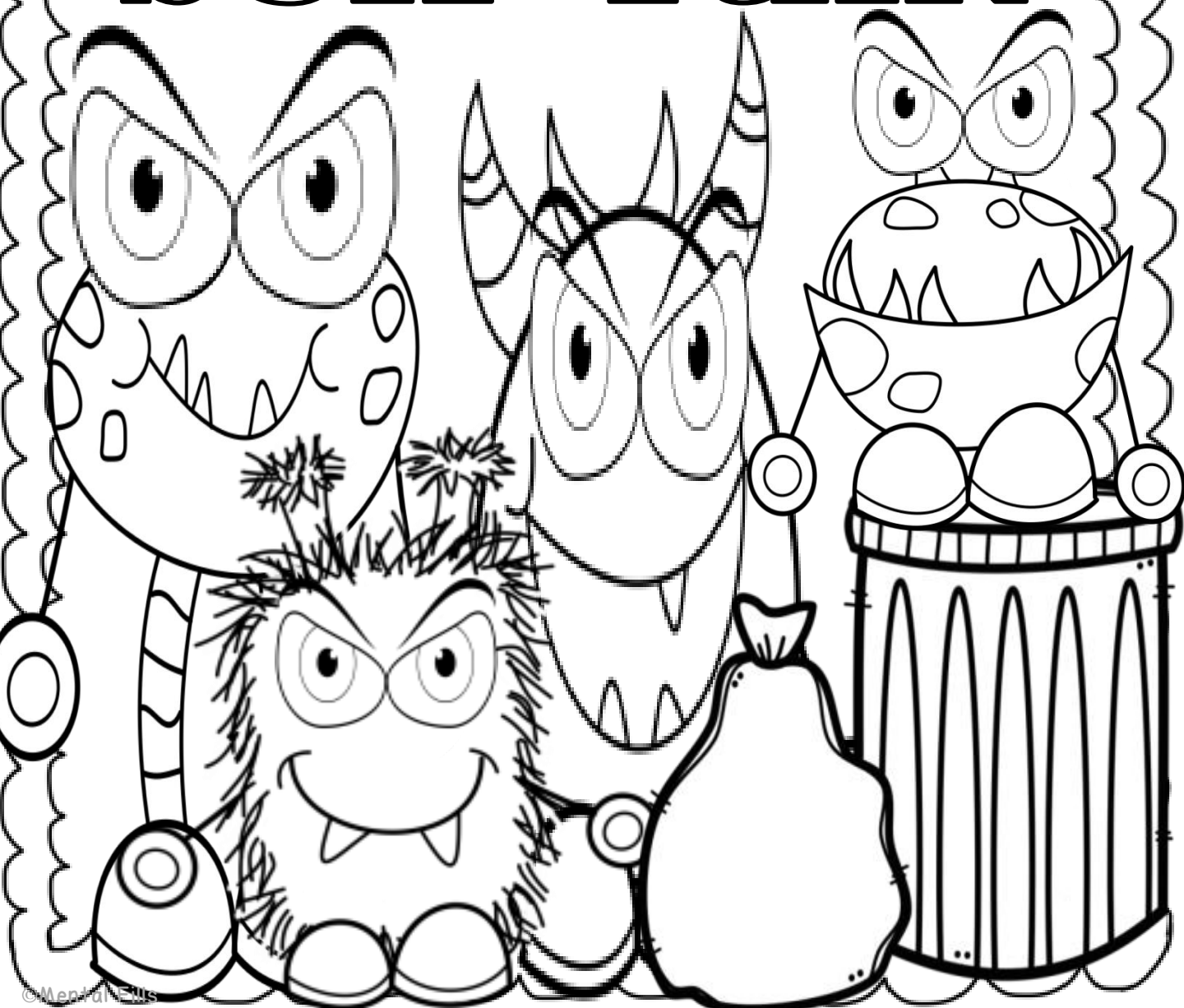




I Am  
LOVED



# Throw Out the Trash Self-Talk



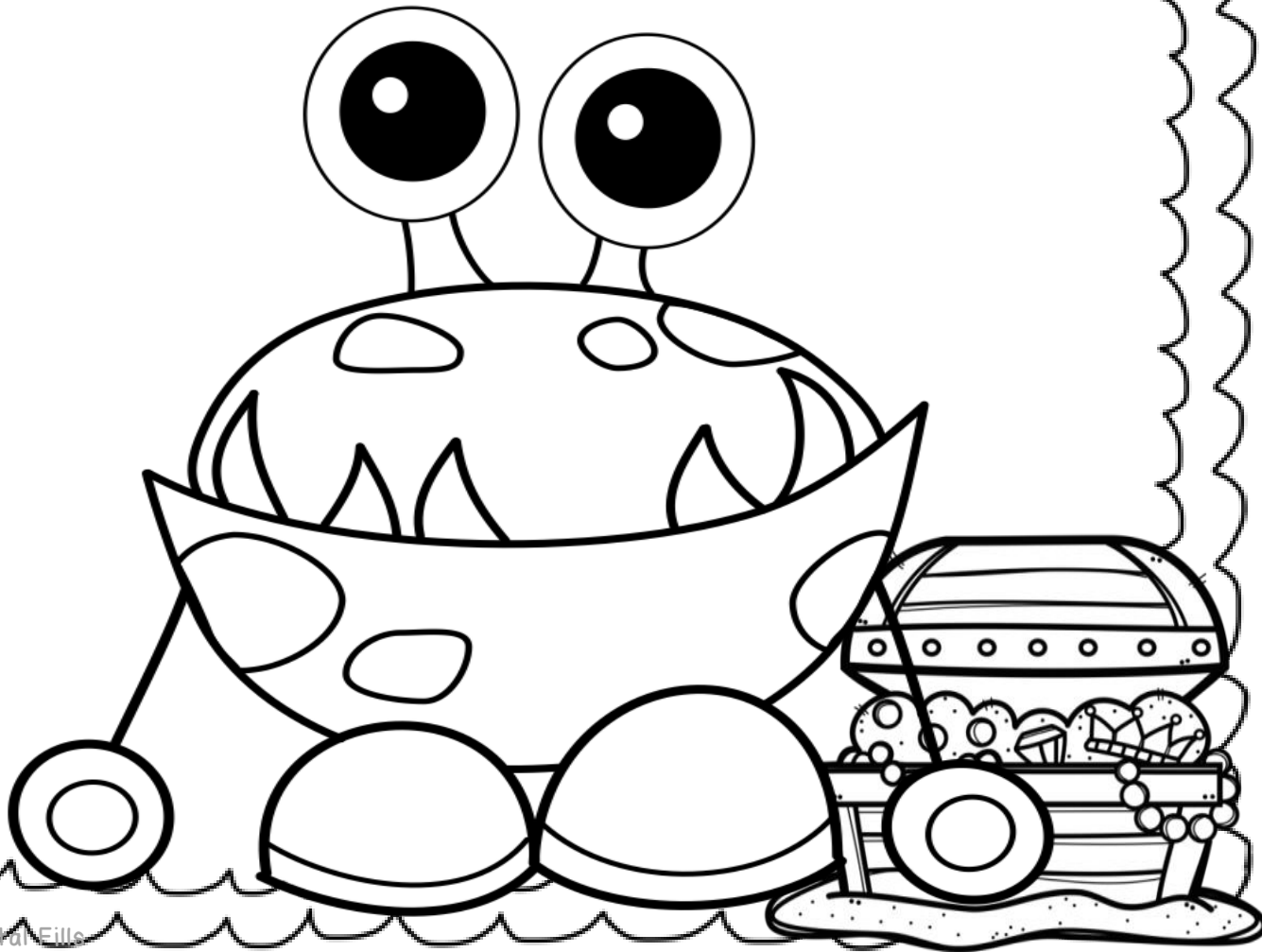
# Use Your **Treasure** Self-Talk



I Am  
Someone  
SPECIAL

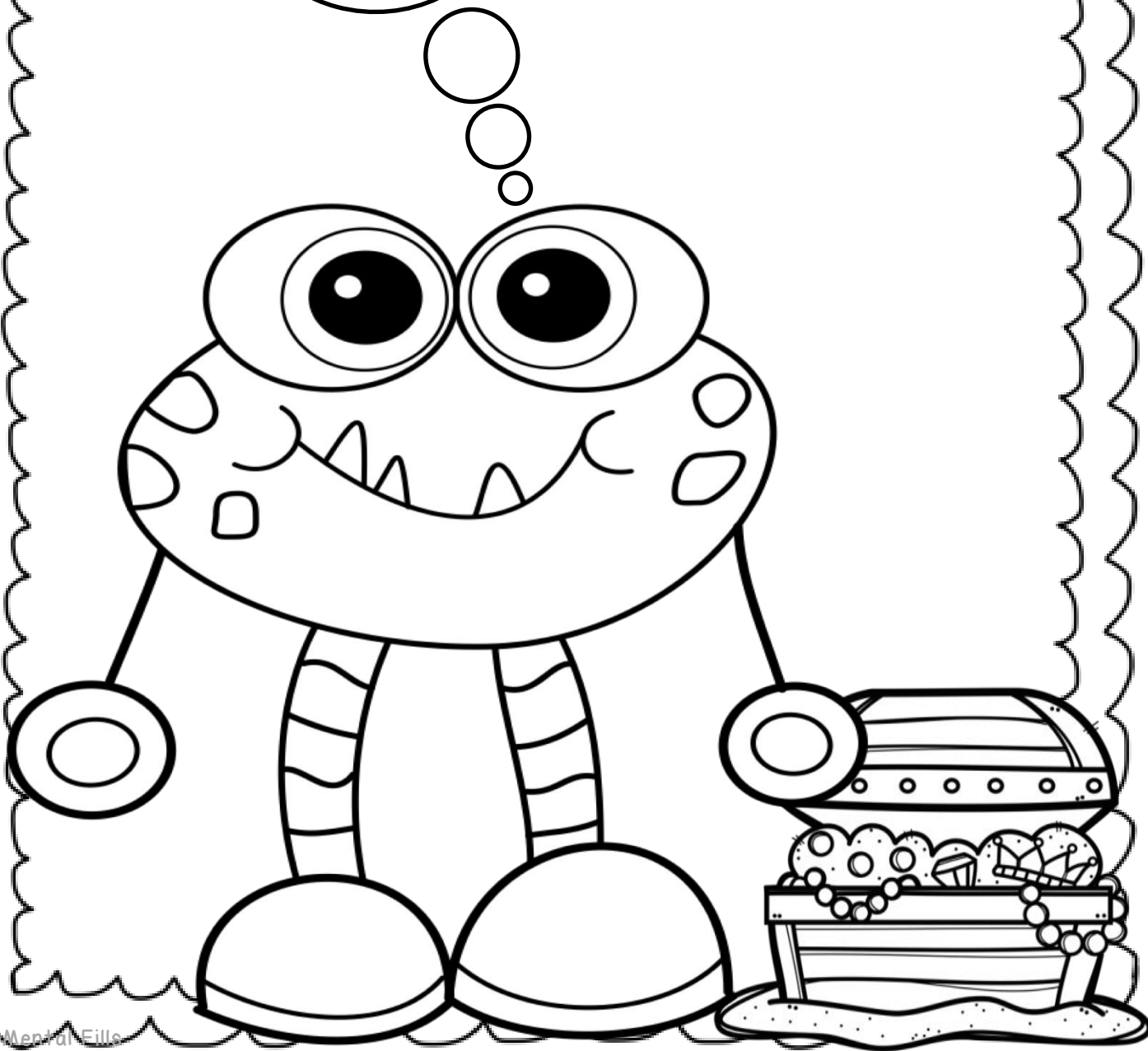


I Am  
Awesome!





I Am  
LOVED



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