

Conversation Guide

Ping's Positive Thoughts

Play this short audio track then use the Conversation Guide with your class to reflect on SEL skills and strategies.

Conversation Guide

An affirmation is something positive you can tell yourself.

1. Why does Ping take time to remember her good thoughts?
2. What are the good things about you that make you special?
3. Think of all the good things about you. What are some of your favorite things about yourself?
4. Which of Ping's positive thoughts do you like best?
5. Why do you think it is important to remind yourself that there is only one you?
6. When could you use Ping's positive thoughts to help you remember how wonderful you are?

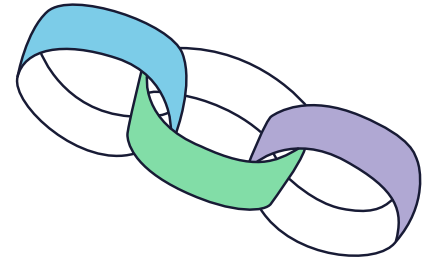


Track

Ping's Positive Thoughts
(6:28)



Make a chain of positive thoughts with Ping!



Complete these positive thought sentences. Then, color and cut them out. Attach the ends of a sentence strip to make the first link of your positive thought chain. Then, keep adding links to create a colorful chain of positive thoughts. You can add your own affirmations to your positive thought chain and keep the positive thoughts flowing.

I believe in myself and I am awesome!

I am safe and I am loved.

I am friendly and I am fun.

I am a good person and a great friend.

I work hard and I try my best.



I am brave and I love trying new things.

I am important and there is only ONE me.

I am amazing and I love who I am.

I am helpful and kind.

Today will be an amazing day and tomorrow will be even better!

I am _____

I _____



I am _____

I _____

I am _____

I _____

I am _____

I _____

I am _____

I _____

Ping's Positive Thoughts

Now, color this picture of Ping and her positive thoughts.

