

Name: _____

Self-Talk Sort

Cut out the sentences. Read each sentence. Glue each sentence under “positive self-talk” or “negative self-talk.”

Positive Self-Talk	Negative Self-Talk



I can't do this.	I can try my best.	I can do hard things.
I can keep trying.	This is too hard.	I give up.
I am not smart.	I am smart.	I believe in myself.

ANSWER KEY

Self-Talk Sort

Cut out the sentences. Read each sentence. Glue each sentence under “positive self-talk” or “negative self-talk.”

Positive Self-Talk	Negative Self-Talk
I can keep trying. I can try my best. I am smart. I can do hard things. I believe in myself.	I can't do this. I am not smart. This is too hard. I give up.