

Appendix 1 Positive Classroom Talk

Changing 'low or no-can do' talk to 'I or high can-do' talk

Low or no can do talk

No
Never
I can't
I'm no good at
It's not cool to be keen
No one in my family can
I do not want to be different
No one likes me
I got a low score
I'm stuck!
I can't do this

I or high can-do talk

Not yet
When I'm ready to
I can
I'm getting better at
I'm cool and I'm keen!
I'll be the first in my family who can
I do not need to be the same
Sharon's my friend
I'll make sure I get better next time
I'll move on and come back to it
What will it be like when I can?

I WILL SUCCEED!

Ten ways to turn negatives self-talk into positive self-talk

Negative thinking is often simply a mindset. The phrases 'just my luck' and 'how typical' demonstrate the negative mindset when people choose to believe the worst of a situation and take an apathetic stance to managing their own future. Adults can do it and many children are experts by the time they leave primary school.

Here are ten negative phrases that could be used by a primary aged child, along with ten positive responses that the teacher could make:

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| 1 I can't write my name | You can write the first two letters of your name! |
| 2 I'm a slow runner | You're a great defender in football! |
| 3 I can't swim | You're brave and can put our face under the water! |
| 4 I'm shy in large groups of people | You're very good at communicating one to one! |
| 5 I'm not confident being the group leader | You're great at working in a group! |
| 6 I take a long time to understand new maths ideas | You're persistent and you always succeed! |
| 7 I find new science concepts hard to understand | You ask the best questions in science! |
| 8 I'm on the lowest reading book in the class | You've made good progress in reading this year |
| 9 I can't read long chapter books | You read with great expression! |
| 10 I can't write long stories | You tell stories that are imaginative and exciting! |