

## Appendix 2 Positive Classroom Talk

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

<i>Low or no-can-do talk</i>	<i>I can or high can-do talk</i>
<i>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>	<i>Not yet            When I am 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            ... is my friend            I'll make sure I'll get better next time            I'll move on and come back to it            What will it be like when I can?</i>

### Ways to turn negative self-talk into positive self-talk:

Negative thinking is quite often simply a mind-set. The phrases 'just my luck' and 'how typical' demonstrate the negative mind-set when people choose to believe the worst of a situation and take an apathetic stance to managing their own future. Adults are often able to positively reframe a situation, and many children can be experts by the time they leave primary school.

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

<i>I can't write my name.</i>	<i>You can write the first two letters.</i>
<i>I'm a slow runner.</i>	<i>You're a great defender in football.</i>
<i>I can't swim.</i>	<i>You're brave and can put your face under water.</i>
<i>I'm shy in front of large groups of people.</i>	<i>You're very good at communicating 1:1.</i>
<i>I'm not confident being the group leader.</i>	<i>You're great at working in a group.</i>
<i>I take a long time to understand new maths ideas.</i>	<i>You're persistent and always succeed.</i>
<i>I find new science concepts difficult to understand.</i>	<i>You ask the best questions in science.</i>
<i>I'm on the lowest reading book in the class.</i>	<i>You're making brilliant progress in reading.</i>
<i>I can't read long chapter books.</i>	<i>You read with great expression.</i>
<i>I can't write long stories.</i>	<i>You tell stories that are imaginative and exciting.</i>

