

Teach positive self talk

Self coaching or self talk is a useful strategy for all students.

When a student approaches a situation that they may perceive as difficult or challenging, they can repeat to themselves a mantra or phrase to remind or encourage them towards the desired behaviour.

This strategy can increase feelings of calmness and increase confidence. It is particularly effective when paired with a breathing technique such as [box breathing](#).

[Explore example mantras](#) for social situations, starting a task, starting the school day, test taking, transitions. Plus a blank template so students can create their own mantras or phrases.

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