

Building Perseverance

Activity 3: Develop your students' self talk

Student Self talk	What sort of running commentary would help students to adopt this positive self talk
That stuck prompt is a good idea	
I need to avoid that distraction	
I can do this if I change tack	
That's a goal worth going for	
What do I know? What do I need to know? What technique do I have to bridge the gap.	
I can't do it - yet	
I'm stuck because ...	
That's an interesting mistake	
Let's give it a go and see what happens	