

Inner Critic

Time Needed:	10 minutes
Group Size:	any
Objectives:	For students to become aware of their negative self talk
Materials:	Hand out and pencil/pen
Links/Resources	n/a
Recommended Grade:	Junior High

Activity Description

This activity can be done remotely by having a discussion over an online video call and assigning the “Inner Critic-Worksheet” for homework.

Start with a few deep breaths (your choice of breathing activity), then begin with a brief conversation with students:

- **It’s normal to have negative self talk, sometimes we can be overly critical of ourselves, focusing on things we can do better, improve, wish to change about ourselves**
- **When we aren’t aware of these thoughts, they can begin to get bigger and more common in our mind, they can impact our well being and make us feel bad about ourself or lack self confidence. It’s important to be aware of these thoughts so we can slow them down or at least quiet the negative thoughts we have about yourself when they arise.**
- **This activity and discussion will help us identify some of our common negative self talk thoughts and shift our focus more on the positive.**

After the conversation wraps up allow students time to briefly work on the worksheet below.

To finish: Choose what feels best from the following choices to wrap up:

- **Have students share their answers with the class on a video call (voluntarily)**
- **Have students hand in sheets to you electronically (voluntarily)**
- **Invite students to an open discussion with the reflection questions on a video call**

Questions for Reflection

1. When is your inner critic the loudest?
2. When is it gone?
3. What is one thing you can do to quiet your inner critic?

Inner Critic - Worksheet

Name: _____

My inner critic usually tells me....

- 1.
- 2.
- 3.



If I was being kind to myself, here's what I would tell myself instead....

- 1.
- 2.
- 3.