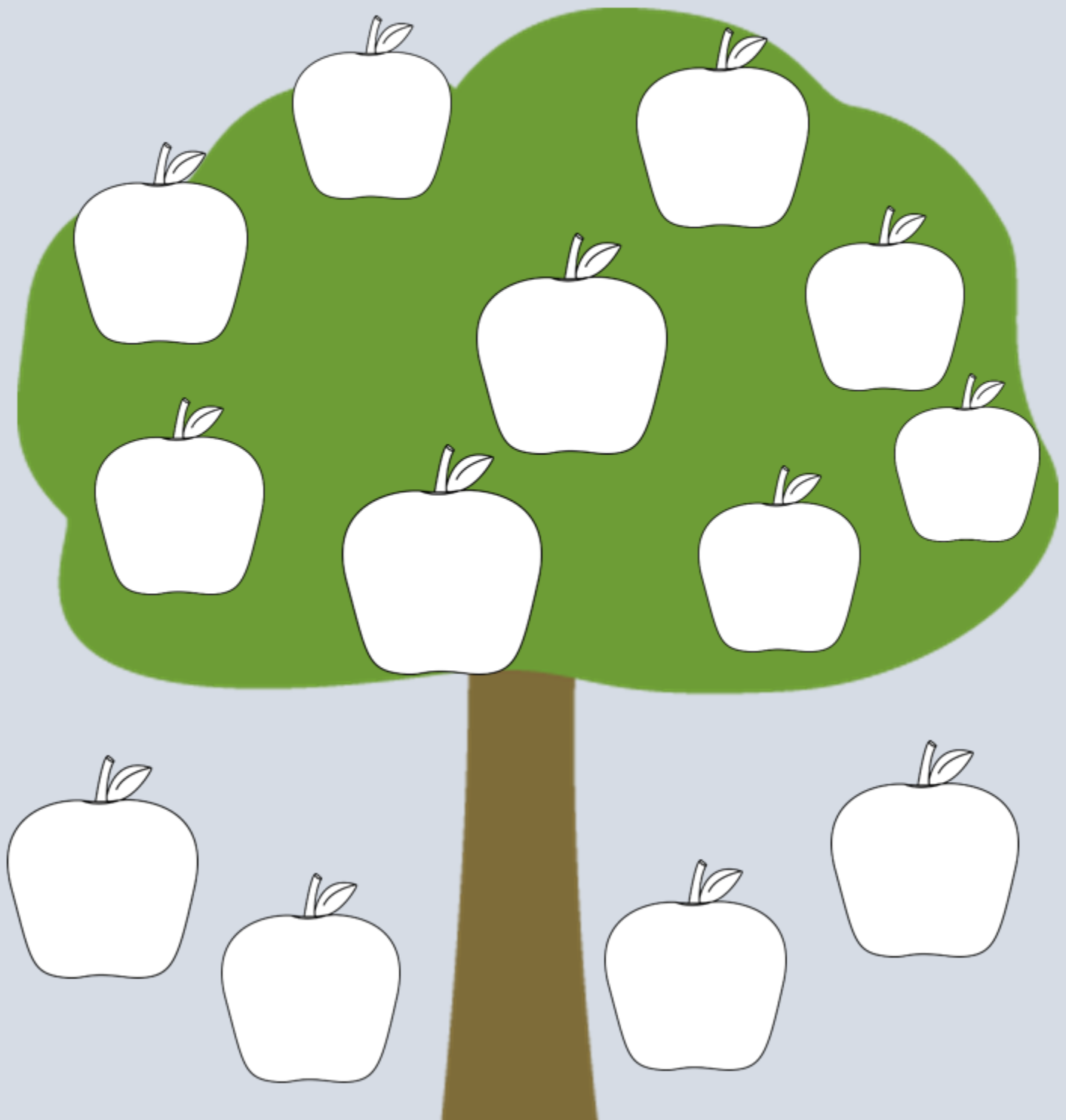


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# POSITIVE SELF TALK APPLE TREE

Write the positive things you say to yourself in the apples on the tree. In the apples that fell off the tree (the rotten apples) write the negative things you say to yourself.



# POSITIVE SELF TALK APPLE TREE

Self talk are the things you say to yourself about who you are. Positive self talk makes you feel good

