

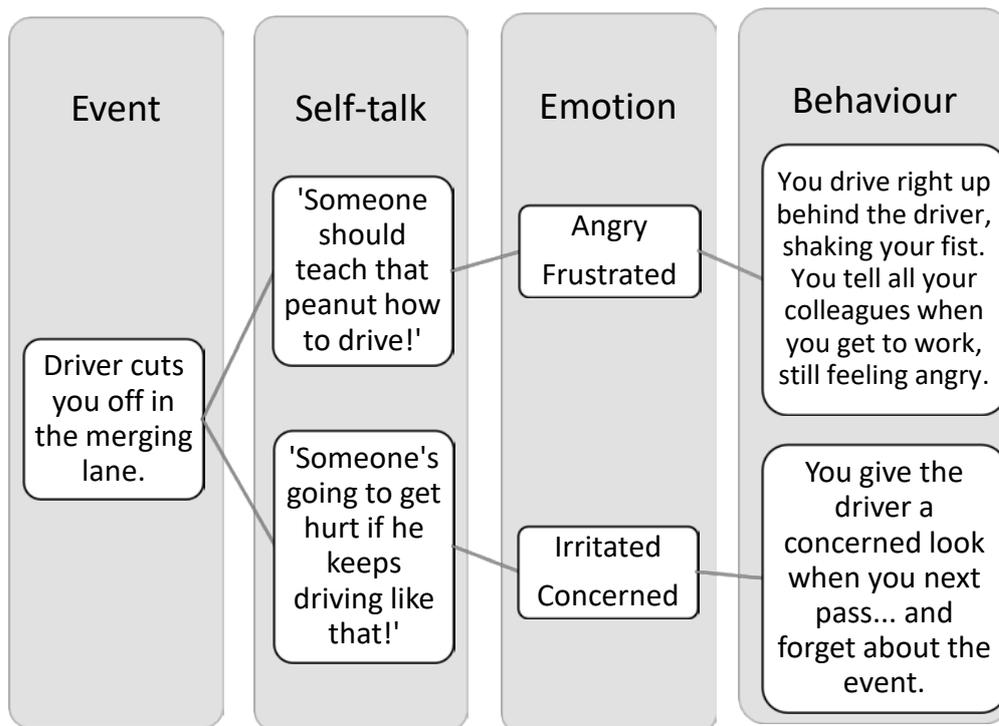
## PARENT INFORMATION 1

### The Importance of Self-talk

Travelling down the Highway of Life there are the inevitable twists and turns, highs and lows and sometimes BUMPS and HAZARDS. An essential part of being a HIGHWAY HERO is to know about - and use - Supa Thinking. This means working hard to choose positive and helpful self-talk, which in turns helps with your mood and behaviour.

Here's an example:

*You're driving to work and someone pulls ahead of you in the merging lane, cutting you off and just about crashing into your car. This is what it might look like.*



We teach children two ways to think about their self-talk. Being a HIGHWAY HERO is to use Supa Thinking - which is positive and helpful self-talk. This helps children to persist when school work is tough or boring, when they're being teased or bullied, and at home when there are chores they would rather not do.

When a HIGHWAY BUMP - like teasing - or a HIGHWAY HAZARD – such as bullying - occurs, we want children to monitor their self-talk and minimise the psychological effect by choosing the HIGHWAY TOOL of Supa Thinking. The automatic tendency is to use Stinking Thinking which is negative and unhelpful, and can become habitual, leading to them giving up easily and always expecting the worst - and then often finding it.

Let's have a look at some examples of negative and positive self-talk.

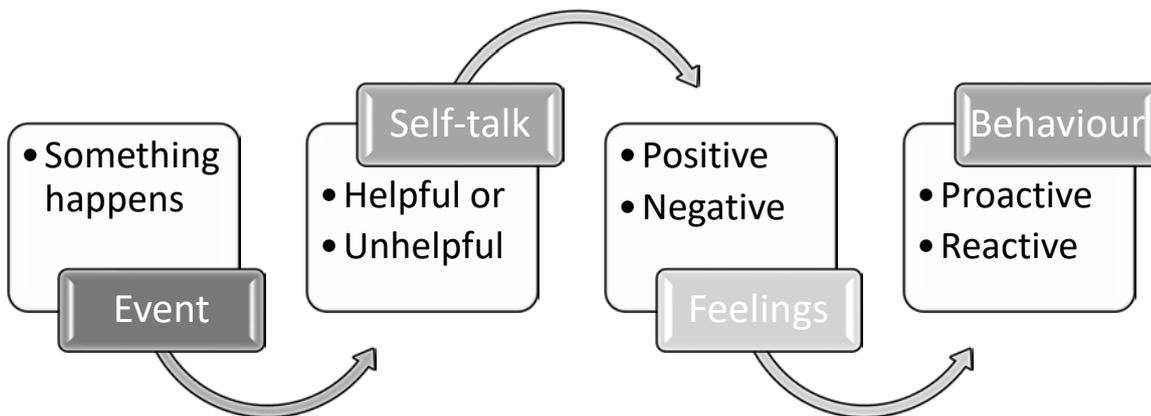
**Stinking Thinking**  
**Negative or unhelpful self-talk:**

- ✗ 'It's too hard.'
- ✗ 'It's not fair.'
  
- ✗ 'I can't do it.'
- ✗ 'No one likes me.'

**Supa Thinking**  
**Positive or helpful self-talk:**

- ✓ 'I'll give it a go.'
- ✓ 'The sooner I start, the sooner I finish.'
  
- ✓ 'I'll do my best.'
- ✓ 'I'm a good friend.'

The research tells us that raising awareness of this 'internal dialogue', helps both children and adults to self-regulate their emotional responses and their behaviour.



This week your child has learned about the HIGHWAY TOOL of Supa Thinking that combats the Stinking Thinking that often occurs when a HIGHWAY BUMP, or a HIGHWAY HAZARD, is encountered. It would be extremely useful to review and discuss their homework, which will help increase awareness of their internal voice - and how it helps, or holds them back.

**REFLECTION POINT:**

*How does your self-talk affect your life? As adults, our internal dialogue can set us up for social, academic and vocational success, or it can severely impact our effectiveness and productivity. Have you spoken to your child about what you say to yourself when things are tough - when you're getting ready for a big event and 'steeling yourself' to get through it? It is very useful to talk about the helpful things you say to yourself - and how they affect your emotions and behaviour - as well as the unhelpful things you say to yourself - and the emotional and behavioural outcomes of those.*