



make it monday

Positive Self-Talk-Q's



Inspired by the book:
Taco Falls Apart

Materials:



1 paper plate per project



glue stick



watercolor paints



scissors



red, yellow, and green paper strips

Positive Self-Talk-O's

Print 1 copy per project



Let's Taco 'Bout

I am

I am

I am



to make positive self-talk-O's:

1. Print out taco wrapper template and cut along dotted lines. Fold in half along gray solid line. You will want the foil print visible once it is folded.
2. Think and talk with your caregivers or class about things that we could say about ourselves that make us feel empowered. Pick your favorite three to add to your taco wrapper. The encouraging words we tell ourselves and others say to us can help us act and feel stronger!
3. To make the taco, use brown, yellow and orange watercolor to paint the outside of a paper plate. Once dry, fold in half. Add tape or staples on either side to help it stay closed.
4. Add red, yellow, and green paper strips into the top of your taco as the filling.
Optional: make it interactive by using the paper strips to write down other times you caught yourself with empowering thoughts, or times you were able to change your thoughts to be more helpful. Leave the paper strips out, and continue to add these over time.
5. Add glue to blank side of your completed taco wrapper. Glue to your paper plate taco. Use the visual as a way to remember the power of positive self-talk! Enjoy!