

# Positive Self-talk.



Howdy, Zoobi here. Can you remember learning about positive self-talk in the CD? Positive self-talk or coping thoughts can help you to handle difficult situations while you are in hospital.

When you feel scared, nervous or angry you can help yourself to feel better by using coping words or thoughts.

## Let me give you some examples:

Instead of saying "I don't like this doctor because he put a drip in me" you could say, "This doctor did a good job. I needed to have a drip so that I can have the medicine to make me better."

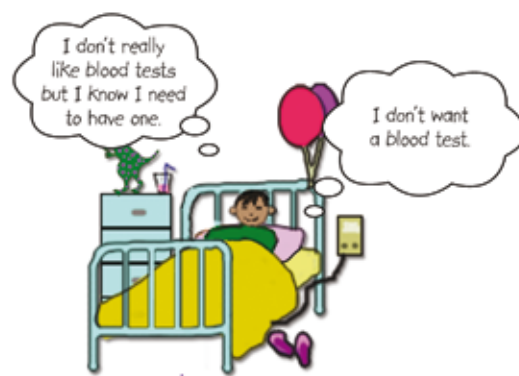
## Another example might be:

"Hospital is ok, there are some fun things to do here" rather than "I don't like hospital."

These children are learning to change their thoughts into positive thoughts. Can you work out which are the coping thoughts? Colour in the thoughts that you think are positive thoughts.



Emily



Jack



Ben



Jessica