



## Try this at home

A Create U self worth exercise to try at home with your family. This can be done around the dinner table, in the play room, in the car- wherever suits you!

### Nice Talk

**WHAT:** An exercise to increase the child's use of kind words.

**WHY:** To show children that they can create a positive environment by simply using words. This will encourage positive conversation and naturally highlight the child's strengths. For example, to simply tell your child that they are beautiful may not bring about a change in feelings or mood, but by playing a game with them and using a fun method, your child will feel like they are winning with "nice talk"!

**HOW:** Start with a short rhyme – "Let me hear some nice talk nice talk nice talk, let me hear some nice talk today!"

Choose a person, object or character to say something positive about and say something nice, for example – "I would like to say something nice about Tommy Teddy. I think Tommy Teddy is so clever!"

Encourage the child to do the same with a person, object or character of their choice.