

# Take THAT Inner Critic

GRADES

4-8

TIME

15 minutes

TOPIC

Self Esteem  
Bullying

SPACE

Classroom

MATERIALS

- Piece of paper per student
- Writing implement

OUTLINE

1. Have a brief discussion of what an inner critic is (that voice that puts you down, makes you question yourself, that finds your faults).
2. Take a minute to mentally give your inner critic a rebuttal- don't just accept the internal criticism. Disagree and defend yourself!
3. You could run the video clip from the film "The Help" 2011, where the maid Constantine tells the young girl who is upset at the names the boys call her, that every day she has to decide whether or not to believe them (those negative voices).
4. Execute a Snowball activity where each student writes down a rebuttal for their inner critic, then they crumble the paper. Everyone throws theirs, and then you open one at random and keep the rebuttals going until time runs out.