

Restart Buttons

GRADES

4-8

TIME

30 minutes

TOPIC

Self Esteem

SPACE

Classroom

MATERIALS

- Small boxes for each student
- Items/ tools to decorate and personalize the boxes for each student
- Paper strips
- Writing tools

OUTLINE

1. Have students write positive comments, uplifting thoughts, and motivations on strips of paper.
2. When students are feeling that they need a boost, they may say, "I need to hit the Restart Button". They can take their box out and read a few of their positive comments.
3. Encourage students to challenge negative-self talk. They may add comments to their box at anytime.