

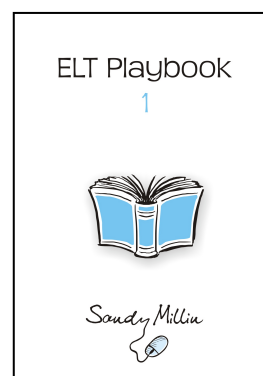
This is a bonus task to complement *ELT Playbook 1* by Sandy Millin, a book of reflective tasks for new teachers. Find out more, including how to buy your own copy, at <http://eltplaybook.wordpress.com>.

## Teacher health and wellbeing

### Self-talk and teacher confidence



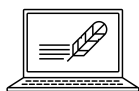
**Task:** 25 minutes  
**Reflection:** 25 minutes



Make a list of things which you say to yourself about your teaching, for example 'I can't control this class' or 'That board race went really well'. Categorise them into positive, negative and neutral.



- Why do you think you say these things to yourself?
- Would you say them to a friend?
- Do you think your students or your colleagues would tell you the same things?
- How often do you say them to yourself?
- For those on the 'positive' list, how did you arrive at this point? How could other teachers do the same?
- For those on the 'negative' list, what do you think are the roots of these issues? What effect do they have on your confidence? How can you diminish their effects?
- What effect does your confidence have on your teaching?



Share one of the positive things that you say to yourself. Describe how other teachers can reach the point where they can say this to themselves too. Use the #ELTplaybook hashtag on Twitter or facebook.

Talk about the effects of confidence on teaching. Refer to your own experience if you want to.



Draw a picture of what's going on inside your head when you teach now. If you want it to change, draw a second picture of how you'd like it to look.

Write about the roots of one of the negative things you say to yourself and how you could diminish the effects of it.

