

Madison Rigsby
Odd Clinical Group
7/9/2020

Teaching Plan - Positive Self-Talk

1. My teaching project involves the adolescent age group. Typically, they are separated out by gender, however this plan can involve either males or females or even a mixed group. It would work well for all. The age group that is targeted with this activity is the young adult age group, ages for 10-18. It could work well for a high-school age activity, but younger kids in elementary may benefit as well. I don't believe any special considerations would need to be made.
2. The educational topic I'm addressing in my teaching plan is positive self-talk. Often times the clients I came across at the Pavilion had very negative opinions of themselves which contributed to their conditions. This is a good way to help with that.
3. Four goals I have for this project include:
 - a. Giving the clients a creative outlet,
 - b. Allowing the clients to interact and discuss with their peers,
 - c. Teaching the clients about positive self-talk and its benefits,
 - d. Creating some artwork to hang around the unit to possibly lighten things up.
4. My activity is based around these "Empowering Questions" cards the adolescent unit had available. They had never been opened, but I thought they would be a nice tool. Each card had a question that the client could ask themselves that was meant to empower them.
5. My activity was to give each client a card (which all had different questions), a piece of drawing paper, and some art tools (whether that is crayons, markers, whatever they have available). I would then ask each client to read the question to themselves, write the question at the top of their paper, and then illustrate what that question meant to them or how it made them feel. After about an hour, I would ask the clients to share their question and give an explanation of their own artwork. This will hopefully create a discussion amongst the clients. At the end of the activity, we could post the artwork in the hallway or in the day room.
6. I would identify how successful the activity was by the conversation being had before, throughout, and after the activity. I feel as though this activity allows the clients to share their own ways of speaking positively about themselves with the others in their group. At the end, I would ask each client about a way they can speak positively about themselves and evaluate their answers.
7. Some pros to this activity are:
 - a. Clients will learn new positive self-talk methods
 - b. Clients will interact with their peers
 - c. Clients will have a creative outlet

d. The clients will be able to display their artwork
Some cons to this activity are:

- a. Some clients may not want to participate in the drawing aspect of the activity
8. A way I could change this activity to better suit my goals would be to think about those clients who may not want to participate in the drawing aspect. If I included a writing component for those who may not consider themselves artistic, this could help them to visualize and conceptualize their feelings about the question presented to them.