

Inner Coach

The idea of the inner coach is easy to understand with sports. The whole concept of having an inner coach however, is important in developing the metacognitive thinking required for children to become better at understanding their outer world and, more importantly, their inner world. While this video is aimed at exercise, the resources and activities focus on a broader understanding of healthy and productive self-talk.

Activity One

We all talk to ourselves! All day long our brain is sending messages to our body. It is also sending lots and lots of messages to our head and heart – our inner self. Today we are going to learn how to talk to our inner coach.

[Watch video](#) provided by M.I. Understanding

Question 1

Journal Prompts for Writing or Drawing

Emmett was able to catch the ball when he listened to his inner coach. What is something your inner coach told you that you did well today? What is something you are working on getting better at while you are at home? How is your inner coach helping you grow?

Activity Two

Watch [Alexander and the Terrible, Horrible, No Good, Very Bad Day](#) by Judith Voist. Alexander is having a very bad day. How could his inner coach have helped him? List three things after watching the story that Alexander could have said to himself. For example, when his brothers get prizes in the cereal box, what could he have thought instead of being upset? You can use the list below to help you get started.

Good Things an Inner Coach Says:

- Maybe next time...
- I can't do it yet ...
- I am really trying to ...
- When I am kind to myself my body works better.

Activity Three

Choose one new thing you want to learn. Maybe it is origami or running 5 kilometers? Who can you ask to help you learn? What will your inner coach tell you to help you learn better?