

Persevering in a nutshell**Activity 3. Spot your students' self talk**

Self talk:	Students who say (or think) the following.
It's worth me putting the effort in	
I need to avoid that distraction	
I can do this if I change tack	
That's a goal worth going for	
I can't do it - yet	
That's an interesting mistake	
Let's give it a go and see what happens	