

Tiempo Tranquilo Podcast Script, Episode 7

Self-Worth and Positive Affirmations: I am worthy!

**the host, Cecelia, is the only speaker in this episode*

<chime>

Cecelia: Breathe in.

<inhale>

And calmly breathe out.

<exhale>

Much better. Mucho mejor.

<<guitar music>>

From K-E-R-A Kids in Dallas, Texas, this is Tiempo Tranquilo a podcast where we talk about the big feelings inside of us and share a new idea for managing our emotions. I'm Cecelia, the host of the show.

Today, we'll be talking about *self-worth*.

Have you heard of self-worth before?

<<relaxing music>>

Self-worth is how we view our *value* as human beings. Think of the words you use to describe yourself.

Like, right now, I feel creative because I am creative. I'm hosting a podcast!

<shimmering sound>

But I also don't feel really smart right now. I didn't do very well on a test.

<lower shimmering sound>

When you thought of your words, were they positive, in the middle or maybe a little bit negative? ¿Fueron positivos o negativos? If you describe yourself negatively or are putting yourself down, you're not alone.

Everyday *thousands* of thoughts flow through our minds.

<sound of bubbles popping>

Some of those thoughts are negative. Like maybe today you were feeling down.

<sound of bubbles popping>

Low self-worth is not feeling as good as you could about yourself. Maybe you're like me.

Sometimes I brush off all the positives in my life and just think about the negative.

Like today when I got my test back. It made me feel bad. And I started acting really shy around my friends. I didn't want to tell anyone my grade.

But it's important to remember: our negative thoughts don't always reflect the truth.

We've all thought we can't do something - and then we prove ourselves wrong!

<triumphant sound>

Let's do something together that can help us feel better when we're down. Because we all have good qualities that make us who we are!

It's an activity called *positive affirmations*.

<<relaxing music>>

First, let's get into a comfortable position. You can sit or lay down. Ok, now that you're comfortable, let's close our eyes.

Take a deep breath in through your nose.

<<sound of inhale>>

And gently breathe out through your mouth.

<<sound of exhale>>

<chime>

Another one. Take a deep breath in through your nose.

<<sound of inhale>>

And gently breathe out through your mouth.

<<*sound of exhale*>>

<*chime*>

One last time. Deep breath in.

<*sound of inhale*>

Deep breath out.

<<*sound of exhale*>>

<*chime*>

Now, our affirmations. Repeat these words out loud or in your mind.

I am beautiful inside and out.

<*chime*>

I am creative.

<*chime*>

My voice matters.

<*chime*>

I am important.

<*chime*>

I am proud of myself.

<*chime*>

I love being me.

<*chime*>

Me encanta ser yo.

<*chime*>

Great job with your affirmations.

Now, let's take a moment and think about something you are *really* grateful for. Maybe it's your big heart...

<sound of heart beating>

...your family or your sense of humor...

<sound of child's laughter>

Or food!

<sound of food frying in a pan>

I'm thinking about my test. I know I was disappointed when I got it back. But I want to flip how I'm thinking about it. Instead of thinking about my test, I want to focus on my brain and how smart I am, how grateful I am to be able to learn new things and grow!

Maybe I didn't do so well on my test this time, but I know that I'll do amazing on the next one!

Did you think of something you're grateful for?

Think about how happy it makes you feel, and give yourself a big hug.

<<guitar music>>

Thank you for being kind to yourself with me today! I had lots of fun talking about self-worth and how we can practice positive thinking.

Every day I say: I love learning...

<chime>

...I am creative...

<chime>

...and I am enough.

<chime>

Next time you're comparing yourself to friends or family, or thinking you're not good enough, you can say at least three affirmations that make you - you.

All you have to do is sit down or lay down. Or even stand in front of the mirror and say your three super strengths three times. Maybe that is...

I am kind...

<chime>

I am smart...

<chime>

I am helpful...

<chime>

I am kind...

<chime>

I am smart...

<chime>

I am helpful...

<chime>

One last time.

I am kind...

<chime>

I am smart...

<chime>

And I am helpful...

<chime>

You've got this!

Talk to you next time! Nos vemos pronto!

<<music fades out>>

CREDITS:

<<relaxing music>>

Tiempo Tranquilo is a production of KERA in Dallas, TX. It's hosted by me, Cecelia Adame. Micaela Rodriguez and KERA's director of Education Lisa Bracken developed, produced, and edited this show. Sylvia Komatsu is the Chief Content Officer and Nico Leone is our CEO. Veronica Valles is a peace educator and our mindfulness advisor. The rest of our team includes: Shardae White, Allan Wang, Shenique Rasheed and Erica Campos. Special thanks to our Parent Advisory Council, *Community Voices* for their feedback. *Tiempo Tranquilo* is produced with support from PRX and is made possible (in part) by a Ready To Learn grant from the U.S. Department of Education.

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