

Learning Strategy

Learning Strategies are the thoughts and actions that help make learning easier or more effective.

The learning strategy for this lesson is *Self-Talk*. When we need to be more confident, we can use *Self-Talk*.

In this lesson, Anna uses *Self-Talk*. Notice that John asks her about it.

John: Why are you talking to yourself?

Anna: I am a little nervous. When I'm nervous, I talk to myself.

John: You don't need to be nervous.

Talking to yourself in English can have two benefits. It may help you relax and do better. It can also give you more chance to practice using English. **How about you? Do you sometimes talk to yourself?** Write to us in the Comments section or [send us an email](#). Teachers, see the [Lesson Plan](#) for more details on teaching this strategy.