



Affirmations



What we tell ourselves matters. Affirmations are a powerful and holistic way of building a positive mind and happier children. Affirmations teach us positive self-talk, to speak to ourselves with kindness.

When introducing affirmations to children, let them know that *affirmations encourage kind and happy ways of thinking, you will remember them when you need them most.*

Younger children using affirmations can be read the words by their parents for them to repeat.

(Source: [Roxanne Wilkins - Nurture Cards](#))

Affirmations are a great reminder to our kids they are loved, special and unique in their own ways. Start & end each day with an affirmation video. Alternatively, choose one or two of the affirmations on the next page to focus on each day or the same one or two to focus on for the week. Encourage your child to repeat them each day or practise saying them with your child.



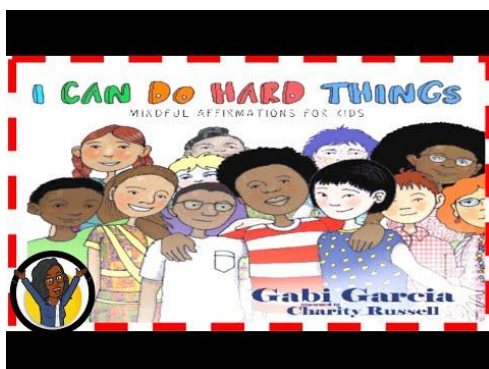
Morning Affirmations



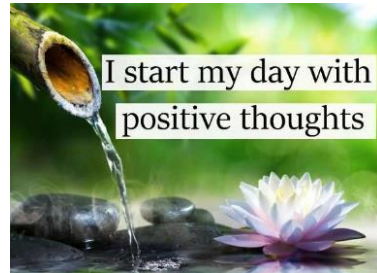
Nighttime Affirmations

The story below, *I Can Do Hard Things: Mindful Affirmations for Kids*, encourages children to tune into their quiet voice inside and use mindful affirmations to support them in navigating hard situations whenever they arise.

Both videos are of the same story but the second one explores it in a very child friendly way so is more suitable for younger children (J1 - 2nd Class).



- ✚ I like to keep trying, even when things are hard.
- ✚ I learn from my mistakes.
- ✚ I am the only me in the whole world.
- ✚ I get better and better every day.
- ✚ I have great ideas.
- ✚ I am kind.
- ✚ I am thankful.
- ✚ I have everything I need.



I am smart.	I am a good friend.
I am a great listener.	I am loved.
I am unique.	I am compassionate.
I show empathy to others.	I am brave.
I have a strong body.	I like myself the way I am.
I am creative.	I am resilient.
I care for others.	There is no one quite like me!
I am helpful.	I am funny.
I have a positive attitude.	I try my hardest.
I love my life!	I am beautiful inside and out.