

"It's the repetition of affirmations that lead to belief. And once that belief becomes a deep conviction, things begin to happen."

Muhammad Ali



I'm grateful for
my day



START THE DAY A POSITIVE WAY

DID YOU KNOW:

Practicing self-affirmations regularly has been proven to increase the self-esteem and confidence of people that use them - however old you are...

There's tons of research and evidence that shows us that the use of self-affirmations, helps with so much... including decreasing stress and rumination and increasing self-belief, optimism, confidence, determination, motivation, and more.

Affirmation cards can be used daily to help see the positive in every day and in ourselves. When used in a group - such as a classroom setting, they can create a sense of joint purpose, community and uplifted spirit.

HOW TO USE

- Cut out the Affirmations Card and mount to card, or laminate them
- Select a number of Affirmations each morning and use them with your class to set the intentions for the day
- Read each affirmation or statement out loud and with the children repeating it back to you in unison

HOW TO SELECT YOUR DAILY AFFIRMATIONS

- Consider the needs and dynamics of the class, what are the cards that will help them the most?
- Allow random children to select a card and reveal the card they have selected
- Each day ask a different child to add their own Affirmation for the day to help their friends.

USE AFFIRMATIONS FOR 1:1 WORK

- If there are children that may have issues settling, problems at home, are having behavioural or friendship issues affirmations can be a great tool to give them a daily focus. Giving them a focus card each day to help them channel their energies towards something positive can be a really calming tool.

I am
MOTIVATED

I am
HAPPY

I am
BRAVE

I am
LOVED

I am
PROUD

I am
Grateful

I am
Calm

I am
KIND

I am
HELPFUL

I am
Hopeful

I am
enough

I am
Patient

I am
Unique

I am
Caring

I am
CONFIDENT

I am
Curious