



Positive Affirmations

Materials:

- Printed affirmation pages
- Crayons, markers, or colored pencils
- Discussion prompts

Directions in the Classroom:

Talk to the class about positive self-talk and how it can help us feel better about ourselves and encourage us to keep trying. Share an example: "Even when things get hard, I tell myself to keep trying instead of giving up."

Pass out the coloring pages for the students to complete. Use some of the questions below to lead a discussion with the class:

- *What is an affirmation?*
- Share a time you had patience when you were learning something new.

Directions at Home:

Show the coloring pages and talk to your child about how helpful it is to say kind things to yourself to stay positive and encouraged when things are hard.

Share an example: "Even when things get hard, I tell myself to keep trying instead of giving up."

As your child colors, talk about the following points. You can say:

Let's read your affirmation together.

What does this saying mean to you?

Example sentences for students to complete:

I am _____. (kind, strong, creative, etc.)

I can _____. (solve problems, be a good friend, learn new things, etc.)

I believe _____. (in myself, in kindness, in my dreams, etc.)



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Directions:

- Complete each sentence with a positive affirmation about yourself.
- Write one word or a short phrase in each blank.
- Draw a picture that represents your affirmations.

I am _____ ○

A large, empty rectangular box with a blue border, intended for drawing a picture that represents the student's affirmations.

I can _____ o



I believe _____

_____ ○

