



# Affirmations

By Miss Murray

# What is an affirmation

An affirmation is a positive word or sentence that you repeat to yourself to help you feel better, feel confident and happy.



see more at <https://www.relaxkids.com/blog-single.aspx?id=238>

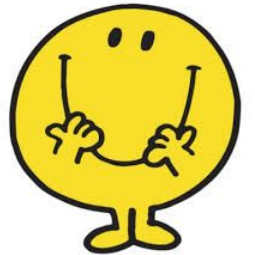
# WHY?

The more we repeat happy and positive thoughts, the more **happy** and **positive** we feel.



# WHY?

Just as we eat healthy food to help our bodies grow strong and healthy we need positive and happy thoughts to help our minds so we can grow up feeling strong and confident inside.



# Affirmations can be:

- Written down in a notebook
- Written in chalk pens on a window or mirror (I do this around my house!)
- Written on a poster or post-it and displayed
- May have an accompanying picture or symbol
- Repeated verbally again and again
- Chanted
- Read aloud with actions
- Sang to a tune!

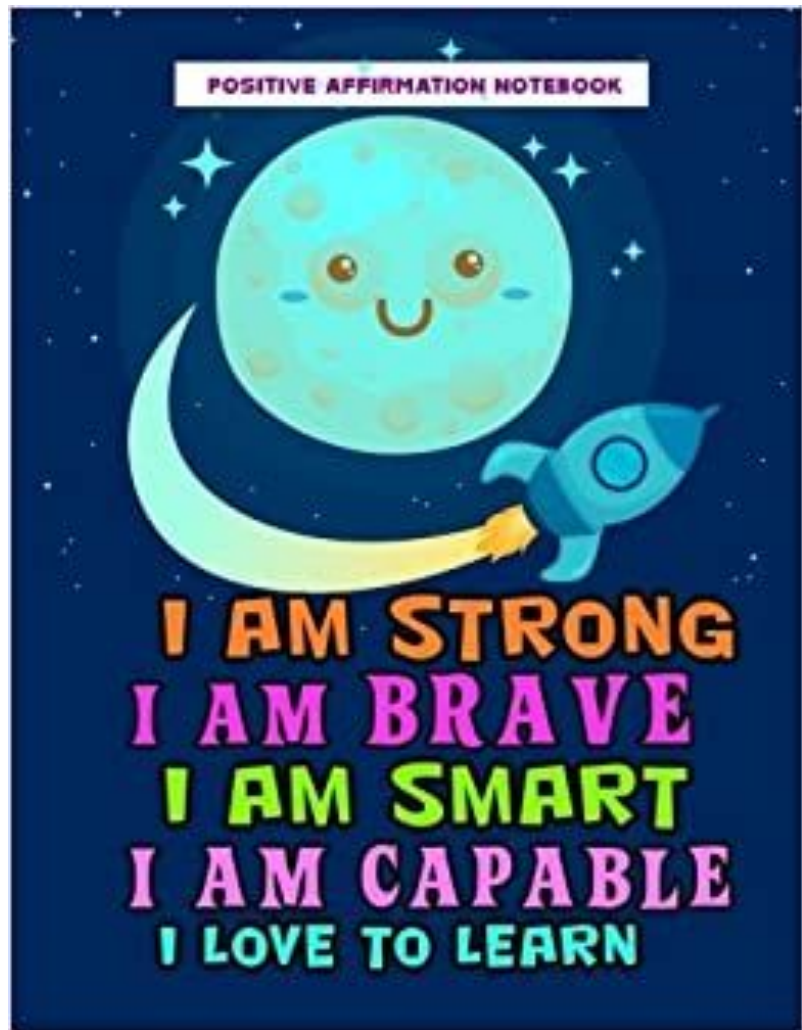


I feel good

Some examples...



Some examples...



Some examples...

I can do hard things.

I choose to be happy.

I stand for what is right.

I am a joyful child of God.

I believe in me. I am loved.

I am blessed. I am truthful.

I am thankful. I am special.

I stay calm. I am a good friend.

I am courageous. I am respectful.

I do my best in my work and tasks.

I love my life. I enjoy new adventures.

I work hard. I am strong. I am helpful.

I have faith in God. I am a good sport.

I am kind to others. I am a good listener.

I do the best I can. I focus on the positive.

I am a good influence on others. I have talents.

I learn from my challenges. I pray for strength.

I do the right thing even when no one is looking.

I am becoming better everyday.



Some examples...

## **KIDS AFFIRMATIONS**

**I believe in myself.**

**I love to learn new things.**

**I am healthy and happy.**

**I love making new friends.**

**I have the confidence to be myself.**

**I can do anything I set my mind to.**

**I am smart and make good choices.**

**I deserve good things to happen in my life.**

**I am grateful for my friends and family.**

**My life is fun and filled with joy.**

[motivationping.com](http://motivationping.com)

# YOUR TURN!

Can you come up with some affirmations which are relevant to you??

Where and how will you write these?

Where will you display your affirmations?

If you would be happy for others to see please share photographs of your affirmations if you display these around your home!

