



Affirmations

By Miss Murray

An affirmation is...

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

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

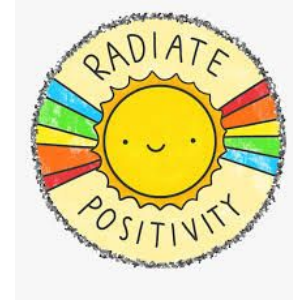
Just as we eat healthy food to help our bodies grow strong and healthy so we have positive and **happy thoughts** to **help our minds** so we can grow up feeling **strong** and **confident inside**.

It is important that affirmations are said or written in the ***first person, present tense*** and are ***positive***.



Why say or write affirmations?

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



Positive affirmations help us reduce negative self-talk and remind us of who we are, our greatness and what we want to achieve. The more we repeat happy and positive thoughts, the more happy and positive we feel.

The more we think happy and positive thoughts, the more likely we are to say positive words and so it perform positive actions.

Do people really use or create affirmations?

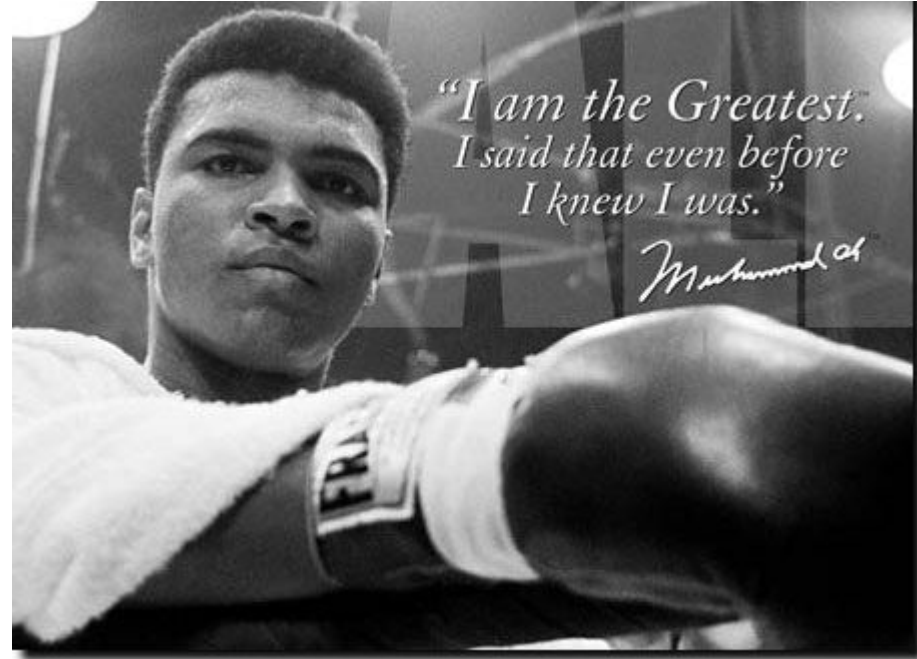
YES!

For example:

Top athletes use affirmations to

help them achieve their goals

and improve their performance.



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
- Repeated verbally again and again
- Chanted
- Read aloud with actions
- Sang to a tune!



Some examples...

<https://www.thepathway2success.com/101-positive-affirmations-for-kids/>

Positive Affirmations for Kids & Young Adults

There is no one better to be than myself.

I am enough.

I get better every single day.

I am an amazing person.

All of my problems have solutions.

Today I am a leader.

I forgive myself for my mistakes.

My challenges help me grow.

I choose my own attitude.

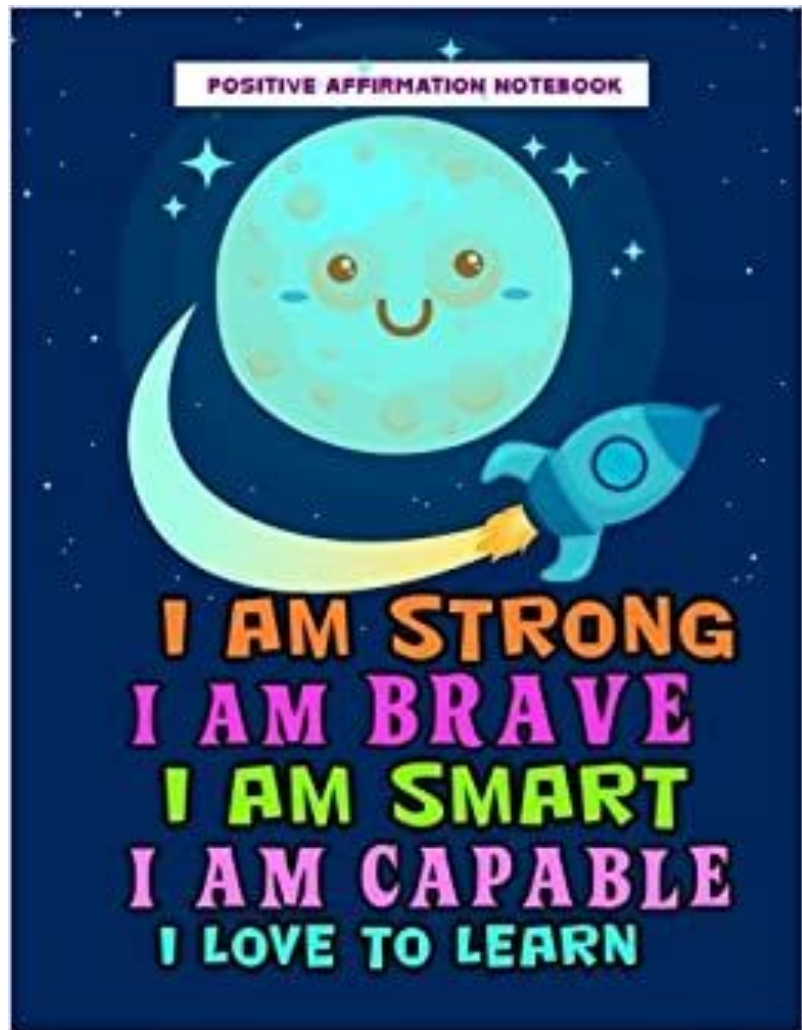
I'm choosing to have an amazing day.

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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.

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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!

