



## AFFIRMATIONS

A few positive spoken words that we can say to ourselves each day. They create an inner confidence which will have a positive effect on our ability to learn and get involved at school or in our jobs, they can help us interact in our relationships and achieve our goals and dreams. Encouraging your child to repeat positive affirmations daily will make a big difference to their mood, self-esteem, confidence, mind, body and heart.

Here are a few ideas but you could come up with some of your own together. Cut these out and put them in your child's lunch box or school bag, you could even just have them around the house as little reminders.

TODAY WILL BE A GREAT DAY	I WILL MAKE NEW FRIENDS TODAY	I WILL LISTEN WITH INTENTION TODAY	I ALWAYS DO MY BEST
I AM SMART	I AM A GOOD FRIEND	I AM A GOOD LISTENER	I AM AS BRAVE AS A LION
TODAY WILL BE A GREAT DAY	I AM KIND AND I AM HELPFUL	I AM EXCITED TO LEARN	I AM CONFIDENT LIKE A CAT
I AM STRONG LIKE A TREE	I AM CALM	I SHINE BRIGHT LIKE A STAR	I AM UNIQUE AND SPECIAL