

# The Power of Affirmations

## Why Affirmations?

Affirmations are short, positive phrases that help kids build confidence, calm, and resilience. When repeated often, they can rewire the brain for self-belief, emotional regulation, and kindness. They give children tools to face challenges with courage and to feel safe, loved, and empowered.

✨ Try practicing them with your kids before school or a big event. Place a hand on your heart, add a few mindful breaths, and let the words settle in—little moments that can make a big difference.

Below are some affirmations you can practice at home or in school—and don't be afraid to make up your own as well!

## Confidence & Self-Worth

- I am brave.
- I am strong inside and out.
- I can do hard things.
- My voice matters.
- I believe in myself.

## Calm & Inner Peace

- I can find my calm.
- I am safe and loved.
- I can take a deep breath to feel better.
- Peace begins with me.
- My body knows how to relax.

## Kindness & Connection

- I am kind to myself and others.
- I carry love in my heart.
- I can be a good friend.
- My smile and kindness make a difference.
- Love helps me feel strong.

## Focus & Learning

- I can listen and learn.
- I am curious and open to new ideas.
- I can take my time and try again.
- Mistakes help me grow.
- I can do my best today.

## Emotions & Resilience

- All feelings are okay—I can handle them.
- I can name my feelings and let them move through me.
- I can choose calm when I feel upset.
- I am bigger than my worries.
- I can always start again.

## Guided by My Heart and Inner Wisdom

- I trust my inner voice—it helps me believe in myself.
- My inner wisdom guides me to find calm.
- My heart guides me to be kind and loving.
- I trust my inner wisdom to guide my choices and learning.
- I can listen to my inner voice to handle big feelings.

