

POSITIVE AFFIRMATIONS



5 MINS

This activity can create a positive atmosphere in the classroom and build children's self-esteem and confidence.

ACTIVITY TYPE

Self-awareness and Self-belief.

SET UP

Make sure each child is seated and quiet before you read aloud the mindfulness activity.

FOLLOW UP QUESTIONS FOR CHILDREN

- How did the activity make you feel?
- What did the different words mean?

FURTHER DEVELOPMENT

This can be repeated as a regular activity. It might be interesting to reflect on whether the children's affirmations have changed over a period of time.

1. Sitting at your desks, place your hands face down on the table and sit with your feet flat on the floor. Take three deep breaths in and out. See if you can allow yourself to relax as much as possible. If you want to, you can close your eyes.
2. You are going to think of some positive affirmations for yourself.
3. An affirmation is a positive statement that you repeat to yourself in your head or out loud, whenever you feel like you need to be reminded of what is good in your life.
4. They are helpful if you sometimes feel like it's a bit difficult to connect with what you're good at or how special and unique you are.
5. Because we are all special and have unique gifts to share with the world.
6. Listen to each of these affirmations and repeat them out loud together as a class.
I am amazing
I am unique
I can make good choices
I know I can ask for help
My heart is full of kindness and courage
I am worthy
7. Deepen your breath, stretch your fingers, stretch your toes.
8. Sit calmly and wait for your teacher to let you know what's happening next.