

Affirmations



Positive affirmations are a powerful tool that promote positive self-talk. They are self-esteem boosters and anxiety reducers that lead to improved well-being for both children and adults.

We would to encourage you to practice using them—especially with children who struggle with confidence or feel that they are not good enough. It may be very useful during this period where our children have had to grapple with and make sense of the many different experiences faced daily.

Examples of positive affirmations include:

- I am enough.
- I am a good friend.
- I am kind.

Positive affirmations can also foster a growth mindset through statements like:

- My brain can grow!
- It's okay for me to make mistakes.
- I can do hard things.
- I view challenges as opportunities for growth!

HOW CAN I USE AFFIRMATIONS WITH MY CHILD?

When we think of positive affirmations, we often imagine reciting statements like these in front of a mirror—and that doesn't exactly sound like something that would excite or inspire most children. Luckily, there are tons of creative and fun ways to incorporate positive affirmations at home.

Let's look at a few ways you can fuel your child's confidence with positive affirmations!

1. **Start by affirming them yourself:** (a) take time daily to look into your child's eyes. You can say: You matter, You're loved, You're enough, That's your best effort yet! You must have been practicing, You're helpful. (b) End your affirmation with a long hug, a wink or air kiss.
2. **Create an Affirmation Board:** Get a poster board or small canvas, pictures or cut outs, glitters and whatever you wish to use. Create with them, a picture that depicts what they would like to achieve or who they want to become. Encourage your child to add positive things they believe about themselves, their goals and even thing they "can't do YET"
3. **Draw Affirmations on the Mirror or place on the refrigerator:** Use washable markers or sticky notes to write or draw affirmations on the mirror or refrigerator. When your child sees these daily they will remember that **they can make a difference in the world.**
4. **Sing your way into a better mood and health:** Whether in the shower, in the car or getting ready, we use singing to lift our spirits and make things like household chores more fun. Invite your child to turn their favourite affirmation into a song.
5. **Build a treasure chest of goodness:** To help your child offset the negative thoughts about themselves and their future, you can do the following to help him/her value self. Get a box or build a treasure chest, and have the child decorate it as he/she likes. Be sure to write on the box or treasure chest "I Am". Next get pieces of card stock or thick paper and have your child write and an affirmation on it whenever they feel the need to. Place it in the treasure chest. They can revisit their affirmations at the end of every week or moth or as often as they like.
6. **Learn from others:** use the experiences of others to help your child turn their experiences around or to help them grow. After sharing the experience ask your child, what do you think this person told himself or herself or what affirmations was used to help the person keep moving or to get back up?
7. **Ask, "What if?":** find a movie, an adventure book, an image where the main character has a goal but must overcome several obstacles. Discuss how the plot may end depending on what the character says to him/herself. Discuss what happens when the character believes the affirmations versus the criticisms.