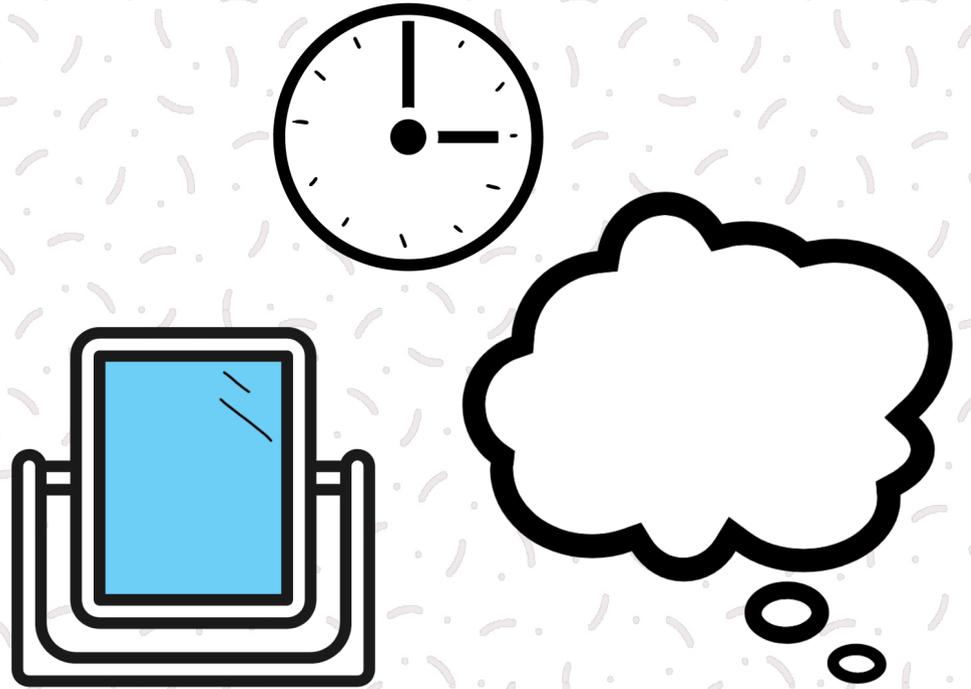


Positive Affirmations

Things you will need:

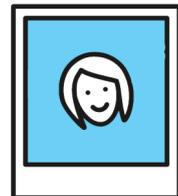
- A few minutes of time
- A mirror



How to make positive affirmations...

A positive affirmation is making sure your inner voice gives you the positives! Making it a daily habit helps your brain start to listen!

- Choose a time of day such as after cleaning your teeth or before you leave the house.
- Look at yourself in a mirror or close your eyes so you can concentrate.
- Your child might have an 'affirmation' of their own such as '**Today I can do anything.**'
- You could have a family affirmation that you say together or remind each other about - '**We always try our best and that is good enough.**' Think together what would suit your family.



You can remind your child of their strengths with a little note in their lunch box or a text message if you know they might have a challenging day. This can give a boost of confidence and let them know you are there for them when needed.