

## Well-being: Positive affirmations

**Positive affirmations are positive statements that you say about yourself and your life.**

By repeating them often - and encouraging your team to too - your brain will begin to believe them, and you can start to make positive changes. Lots of people choose to use positive affirmations to make specific changes or to support their anxieties.

They can also be used to boost self-esteem and limit negative self-talk. It is important to practise positive affirmations daily for the best impact. Relax Kids and Charge Up trainer Stacy Mann has seen a huge impact when encouraging children and parents to use these too.



### Activity Outline

#### Activity one

Using an object of your choice, pass it around the circle and ask each child to repeat a positive affirmation:

- I am kind
- I am courageous
- I am fantastic
- I am brave
- I am strong.

As each child says the positive affirmation (encourage, do not force), repeat it back to them:

- You are kind
- You are courageous
- You are fantastic
- You are brave
- You are strong.



Explore the meanings of the words too and give examples of how you have seen them do these things. It can transfer easily into your daily routine.

### Activity two

Using a soft ball or a balloon, stand in a circle and throw the ball/balloon around. When it is each child's turn and they are holding the ball/balloon repeat a positive affirmation with them, and try to get faster.

Encourage new positive words into the game:

- I am outstanding
- I am brilliant
- I am amazing
- I am friendly.

### Activity three

Whilst being confident and having high self-esteem is wonderful, it is also important to show humility and kindness.

This game allows everyone to say something nice about others too. Using a wand (handmade or otherwise), pass the wand around and repeat the words 'I wish you....' and explore some positive words with the children.

- I wish you kindness
- I wish you happiness
- I wish you joy
- I wish you peace.

These activities are aimed at two to five-year-olds, but younger children can of course join in though and will just need some support from their adults.

They are also perfect for staff meetings.