

November, 2017

Affirmations

Affirmations are short statements to help a person (students and adults) think differently about situations. Changing the way a person thinks has an impact on their feelings and behaviors. Using affirmations helps individuals improve many areas of their lives, such as focus, attention, self-confidence, perseverance, or the targeted improvement areas.

Ideally statements are phrased in the positive to help change negative thinking patterns and are based on a current situation in a student's life. Individual affirmation cards can be designed for the students or by the students. The affirmations can be written on index cards, post it notes and placed in lockers, assignment books, or other meaningful locations. Get creative! Make it kid friendly! Make it fun! For example, how could the affirmation cards be use on a school bus? In the kitchen/cafeteria? Hallways? Classrooms?

The following suggestions for affirmation use are from TIC classified leadership team members:

"I write the kids up for a celebration and that makes a big difference in how they see custodians. I always try to pick the ones [students] that need an extra boost. I have a door that I can put some on that they could pick off. I also could see a big sheet of paper on my door with the opportunity to write some themselves."

"Chamberlin Hill has a Random Acts of Kindness Student leadership team."

The following is a list of affirmations. School personnel and students can create their own affirmations based on a person's individual circumstances.

- I can do this.
- I am strong.
- I am calm and relaxed
- I am in charge of my mind.
- People care about me.
- Everyone makes mistakes. I can learn from them and do better.
- I am patient. I can wait.
- I have people who can help me.
- I am brave.
- I can control my emotions.
- Today will be great.
- This is a safe place.
- I can do hard things.
- Bad things don't last forever.
- I use my breathing skills.
- Just breathe

- I see myself...
- I am capable.
- I never give up.
- I am peaceful.
- Life is beautiful.
- I believe in myself.
- I choose to be happy.
- I believe in my dreams.
- I am moving forward.
- I am important.
- I am unique.
- I love myself.
- I am okay.
- I am limitless.
- I am relaxed.
- I manage my emotions.
- I take a break to calm down.