

CHILDREN'S *Affirmations*

Positive affirmations help children build a healthy sense of self-worth by reinforcing their strengths, encouraging resilience, and shaping a positive inner voice over time.

I am kind.

**I am a
good friend.**

I am strong.

I am safe here.

I am learning.

I am brave.

I am loved.

**I can try
new things**

**My feelings
matter.**

I can try again.

**I can ask
for help.**

peoals

Positive Emotional Development
and Learning Skills