

Using Affirmation Statements With Your Students

Kick-start your year with the power of positivity! Keep these affirmation stickers for your own use or share them with students to build a supportive classroom community. Here is how!

In the classroom

Initiate circle time conversations - Every morning, ask your students to choose any one affirmation statement. Reflect on the statement and discuss what it means to them. Let it be the focus for the day and encourage your students to use, recognize, and reflect on that affirmation statement throughout the day.

Doodle and draw - Ask your students to draw images that come to mind when they think of the affirmation statement you share.

End the day on a happy note - Have end-of-day class meetings with your students and reflect on how the affirmation statement helped them get through the day. Encourage them to share highlights and continue the rest of the day with a positive mindset.

Self-regulation tool - Add these affirmations to every student's self-management toolkit. Get students to carry these messages with them and focus on each statement, especially on a hard day.

Beyond the classroom

Gift of happiness - These beautiful and inspirational affirmation messages can be used to create thoughtful cards to be shared with family and friends.

Journal your thoughts - Maintain a daily journal and use these affirmation statements when setting goals. Reflect on challenges that are preventing you from realizing your dreams and write how will you overcome these.

I have all the
support and
help I need

I am getting healthier everyday

My mind is
at peace

I attract
success

I am creative and
bursting with
brilliant ideas

I am grateful
for the wonders
in my life

My friends love
me for who I am

I choose
happiness

I am excited about the amazing
people I am going to meet today

I appreciate
all that I have

I am at
peace with
myself

I take up
challenges with
excitement

My potential
to succeed
is infinite

I am positive
about the future

I am relaxed and
comfortable