

How to Use Your Affirmation Cards

These affirmation cards are designed to help children build confidence, develop a positive mindset, and feel supported throughout their day. Whether used at home, in school, or in therapy, they are a powerful and fun way to reinforce kind self-talk and emotional strength.

Decorating Ideas:

- Colour in the patterned borders with crayons, felt tips, or coloured pencils.
- Add stickers, glitter, or doodles to make each card unique.
- Let your child choose their favourite colours or symbols to personalise each one.

Display Options:

- **Mirror Affirmations:** Tape a card to the bathroom or bedroom mirror and say it out loud morning and night.
- **Confidence Bunting:** Punch small holes in the corners of your cards and hang them across the room with string.
- **Affirmation Wall:** Choose a space on the wall or fridge where completed cards can be proudly displayed like a gallery.
- **Desk or Bedside Booster:** Keep one or two cards on their desk, in their school bag, or next to their bed.

How to Use Daily:

- Choose one card each morning (let your child pick!).
- Say the affirmation out loud 3 times in front of a mirror.
- Smile while saying it — it helps your brain believe it!
- Come back to it again at bedtime or anytime they need a boost of confidence.
- Rotate the cards weekly or as needed to introduce new messages.

Helpful Tips:

- Grown-ups: Model this with your children. Say affirmations together!
 - Let children write their own affirmations once they understand the idea.
 - Celebrate when they remember to use them independently — even once a day is a win!
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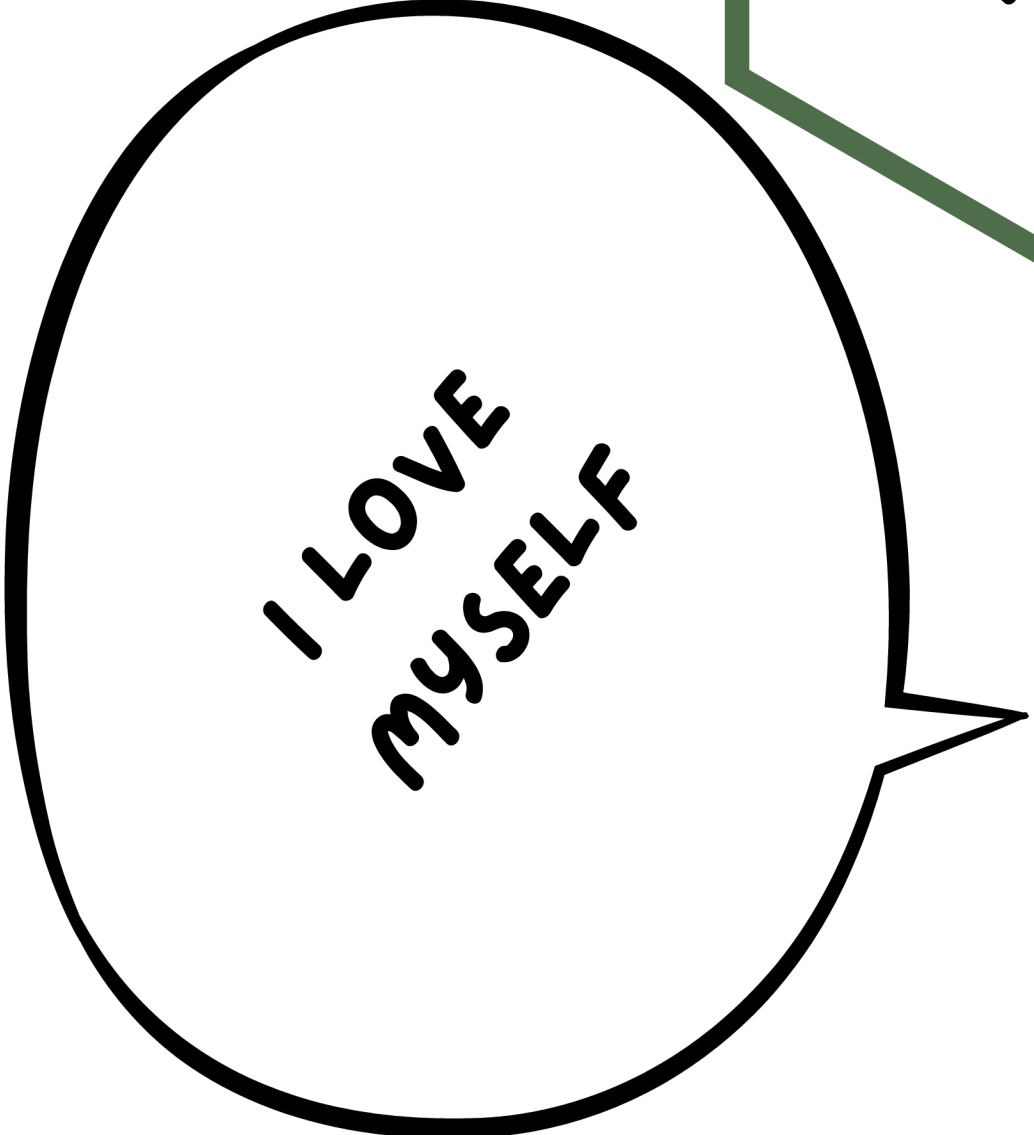
These small moments of kindness and confidence build a lifetime of self-belief.



I AM BRAVE



I AM KIND



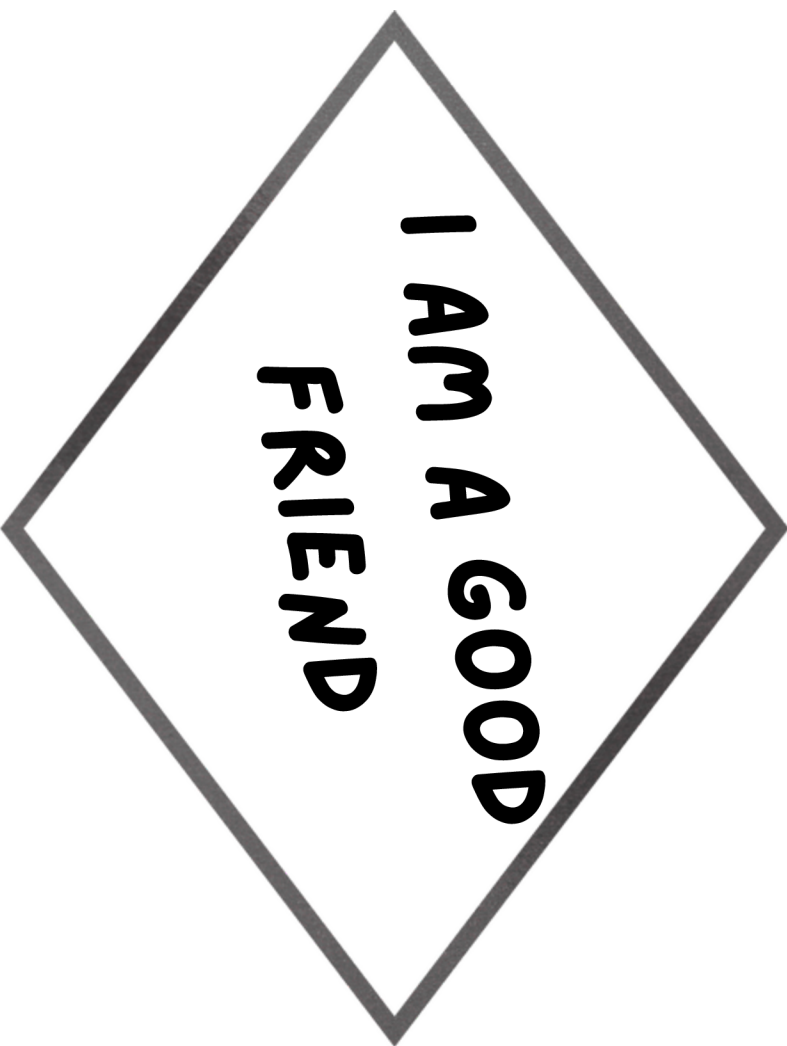
**I LOVE
MYSELF**



**I CAN DO
HARD THINGS**



**I CAN TRY
AGAIN**



**I AM A GOOD
FRIEND**



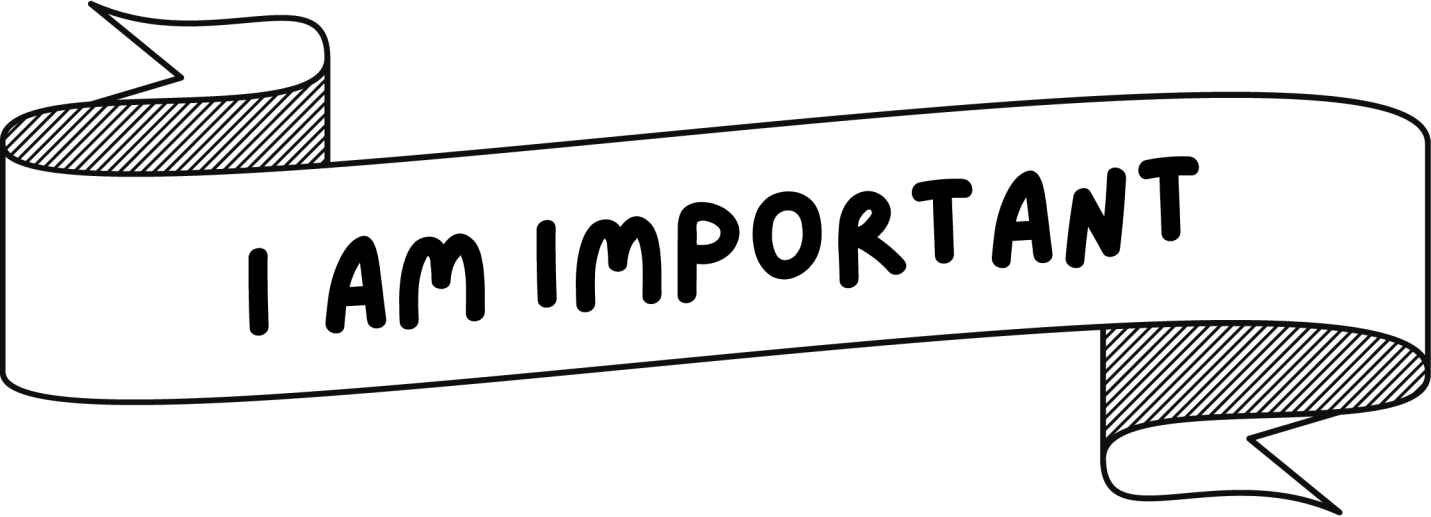
**MY MISTAKES
HELP ME
GROW.**



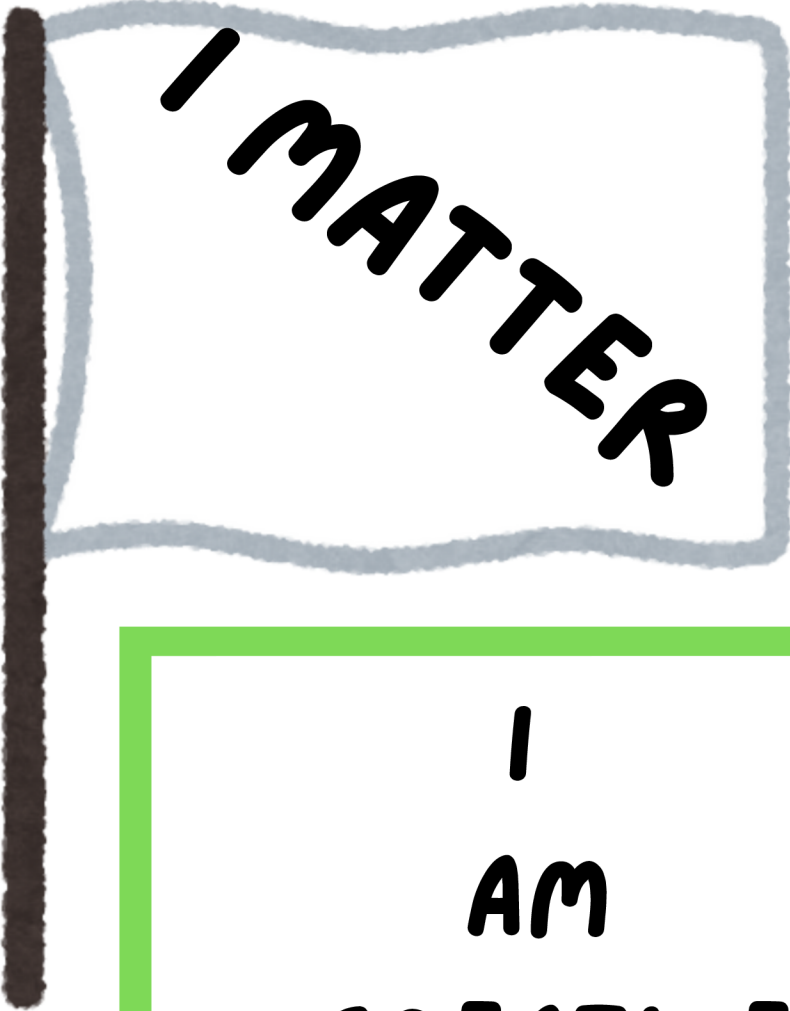
**I BELIEVE IN
MYSELF**



**I HAVE A STRONG MIND
AND A KIND HEART**



I AM IMPORTANT



I MATTER



**I
AM
CREATIVE**



**I
AM
HONEST**