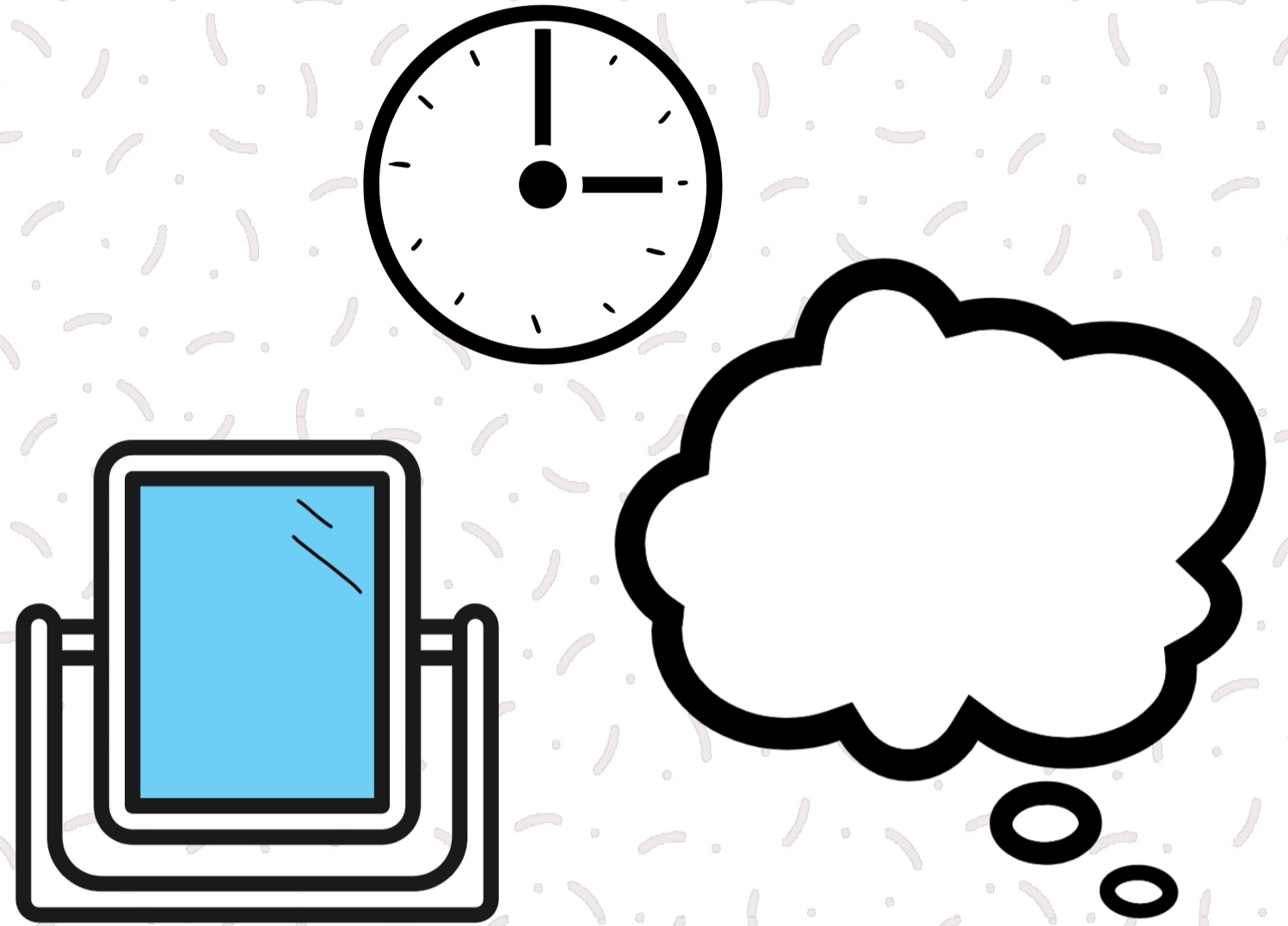


Positive Affirmations

Things you will need:

- A few minutes of time
- A mirror



How to make positive affirmations...

A positive affirmation is making sure your inner voice gives you the positives! Making it a daily habit helps your brain start to listen!

- Choose a time of day such as after cleaning your teeth or before you leave the house.
- Look at yourself in a mirror or close your eyes so you can concentrate.
- You might have an 'affirmation' of your own such as **'Today I can do anything.'**
- You could have a family affirmation that you say together or remind each other about - **'We always try our best and that is good enough.'** Think together what would suit your family.



You can remind yourself of your strengths with a little note in your lunch box if you know you have a challenging day.