

Creating Week 2:

AFFIRMATION EXAMPLES:

1. I am important

2. I am smart

3. I am a good friend

4. I am kind and loving

5. I am grateful for my body

6. I am loved

7. I am brave

8. I am a good listener

9. I am helpful

10. I am happy

11. I try my hardest

12. I'm proud of myself

13. I care about others

14. I can do hard things

15. I believe in me

16. I love to learn from challenges

17. I enjoy new adventures

18. I am safe

19. Today is a great day

20. I am free to be myself

21. I am truthful

22. I like to share what I have

23. I have many talents

24. I get better every single day

25. I can do anything

Supplies List:

- Scissors
- Glue, white school for collage work and glue stick for simple gluing
- Card stock or computer paper or scrapbook paper or construction paper

Marker or pencil

- Affirmations printed or use a magazine to get your words

