Creating Week 2: 17. I enjoy new adventures **AFFIRMATION EXAMPLES:** 18. I am safe 1. I am important 19. Today is a great day 2. I am smart 20. I am free to be myself 3. I am a good friend 21. I am truthful 4. I am kind and loving 22. I like to share what I have 5. I am grateful for my body 23. I have many talents 6. I am loved 24. I get better every single day 7. I am brave 25. I can do anything 8. I am a good listener 9. I am helpful Supplies List: 10. I am happy Scissors • Glue, white school for collage work and glue stick for simple gluing 11. I try my hardest Card stock or computer paper or scrapbook paper or construction 12. I'm proud of myself paper Marker or pencil

13. I care about others

14. I can do hard things

16. I love to learn from challenges

15. I believe in me

• Affirmations printed or use a magazine to get your words

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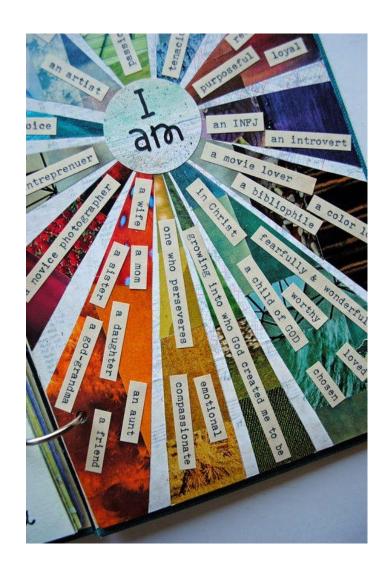
▲ PARTICIPATE!!!

Remember, Beth has asked you to send us your extra Affirmation Hand for future use.

You can send them to your parish leaders.

For Staples Motley Catholics:

M. J. Simmons Sacred Heart Church P. O. Box 177 Staples, MN 56479



For Sauk Rapids, Sacred Heart:

Jen Haman Sacred Heart Church 2875 10th Ave NE Sauk Rapids, MN. 56379