

FUN PRACTICES

FOR CHILDREN TO LEARN

positivity



GOALS

Build an **"AFFIRMATION BOARD"** and have your children fill it with things they wish to accomplish, positive things about themselves, or the person they want to become.



Encourage them to learn and sing **"AFFIRMATION SONGS"** that promote positivity and confidence, or try making a song of your own out of motivational words.



Have your children write down or stick self-encouraging **"WORDS ON THE MIRROR"** so that they will see a confident young individual every time they look at the mirror.



Form an **"AFFIRMATION CIRCLE"** and let each child take turns to say one positive affirmation out loud to motivate themselves and others.



Make a routine of **"AFFIRMATION OF THE DAY"** and let the children read one positive affirmation every morning before they begin their day.



Make a box of **"TREASURE COINS."** The child can write one affirmation such as 'I am helpful' on one side of a small cut-out cardboard coin and the helpful deed they did on the other side.