ANXIETYAIDTOOLS.COM · FREE PRINTABLE

Positive Affirmations *for Kids*



Twelve cut-out cards with words a kid can actually believe - brave, not boastful. Tape one to the mirror, tuck one in a backpack, read one together at bedtime.

1 CUT OUT THE CARDS · 2 LET YOUR KID PICK FAVORITES · 3 READ THEM OUT LOUD TOGETHER

✂ TWELVE CARDS · THE ONES THEY CHOOSE STICK BEST

★ 01

I can do hard things.

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★ 02

My brave is bigger than my scared.

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★ 03

Big feelings pass, like weather.

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★ 04

Mistakes mean my brain is growing.

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★ 05

I can ask for help. That's what smart people do.

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★ 06

I don't have to be good at it yet.

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★ 07

I can feel scared and still be okay.

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★ 08

Slow breaths help my body feel calm again.

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★ 09

Butterflies in my tummy mean I'm about to be brave.

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★ 10

Wobbly is just how new things feel at first.

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★ 11

I talk to myself like I talk to my best friend.

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★ 12

Trying again is my superpower.

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FOR GROWN-UPS · KEEP IT TINY

One card at bedtime or over breakfast beats ten on a rainy Saturday. **Small and repeated is how words sink in** - hook it to a routine you already have.

LET THEM PICK

Hand over the scissors and the choice. **A card your kid chose gets said like they mean it**; one that was assigned to them gets mumbled once and forgotten.

SAY IT ABOUT THEM

Catch it happening: **"you did a hard thing today."** The words kids hear from their grown-ups become the voice they use on themselves later.

Printed from anxietyaidtools.com

Free interactive tools for anxious moments - breathing guides, grounding exercises, calming sounds.

Affirmation cards build everyday confidence; they are not a substitute for professional care. If worry keeps getting in the way of school, sleep, or friends, a pediatrician or child therapist can help.