

# 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.