

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>I can do hard things.</i> ANXIETYAIDTOOLS.COM	★ 02 <i>My brave is bigger than my scared.</i> ANXIETYAIDTOOLS.COM	★ 03 <i>Big feelings pass, like weather.</i> ANXIETYAIDTOOLS.COM
★ 04 <i>Mistakes mean my brain is growing.</i> ANXIETYAIDTOOLS.COM	★ 05 <i>I can ask for help. That's what smart people do.</i> ANXIETYAIDTOOLS.COM	★ 06 <i>I don't have to be good at it yet.</i> ANXIETYAIDTOOLS.COM
★ 07 <i>I can feel scared and still be okay.</i> ANXIETYAIDTOOLS.COM	★ 08 <i>Slow breaths help my body feel calm again.</i> ANXIETYAIDTOOLS.COM	★ 09 <i>Butterflies in my tummy mean I'm about to be brave.</i> ANXIETYAIDTOOLS.COM
★ 10 <i>Wobbly is just how new things feel at first.</i> ANXIETYAIDTOOLS.COM	★ 11 <i>I talk to myself like I talk to my best friend.</i> ANXIETYAIDTOOLS.COM	★ 12 <i>Trying again is my superpower.</i> ANXIETYAIDTOOLS.COM



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.