

# GROWTH MINDSET

Children's brains are always growing and evolving.  
As Educators, we can support that growth by encouraging them to think  
BIG, to love themselves and believe in everything!



## Positive Affirmations

Positive Affirmations help build a child up!

They are positive statements children can use to describe themselves, their friends/family/loved ones, life situations and what kind of day they will have!



Positive Affirmations can support neurological shifts in a child's (and adult's) brain, it rewires your brain to think positive, instead of focusing on the negatives!



Incorporating Positive Affirmations into your child's life can support positive mental health now and into the future.



## How to use Positive Affirmations wth Children

- Keep them simple, Don't over complicate them.
  - Encourage a daily practice so that positive affirmations become second nature to your child
  - Start with things your child knows they are awesome at.
- Over time slowly bring new things to their attention to help them see how incredible and unique they really are!
- Talk about it, write about it, draw about it, play with it!

Get Creative with your Affirmations!



# POSITIVE AFFIRMATIONS



Depending on your child's age will depend on how to incorporate positive affirmations into their lives!

## Infant - 2 Years

Children at this age need lots of support from family, loved ones and educators to practice their affirmations. Speak them often, 'You are smart and kind.' They can also be displayed around your home at child level, with signs or pictures such as 'You can do anything you put your mind to!'

## 3 Years - 6 Years

Make it playful!

Create crafts or posters to hang on the walls, share Positive Affirmations they can use about themselves and others, make a routine of sharing and acknowledging why they are special individuals!

MISTAKES HELP ME  
LEARN + GROW

TODAY I AM A  
SUPERHERO

I DON'T KNOW  
HOW TO DO IT  
YET, BUT WITH  
PRACTICE I CAN

I HAVE  
CONFIDENCE  
IN MYSELF

I WILL DO MY  
BEST TODAY

## 7 Years - 13 Years

For older children it is important to still keep it playful! You can use any of the above activities as they will still be enjoyed and appreciated at this age. In addition you may also wish to include some personal practices that allow them to independently practice Positive Affirmations. Such as journaling, creating an affirmation jar, sharing affirmations with friends!

