

# THE POWER OF POSITIVE SELF-TALK

The words and phrases we tell ourselves have a huge impact on our mental health, our confidence, and our self-esteem.

Teaching children how to use their inner voice to speak kind words and think kind thoughts about themselves can encourage and empower them to see the positive in tough situations, learn and grow from their mistakes, bounce back when they fail, and work through tough emotions.

Using affirmations statements daily can help children develop a growth mindset by shifting their words and thoughts from "I can't" statements to "I can" statements.

---

## "I Love All The Pieces Of Me" Creative Art Experience



A creative expression experience that encourages children to reflect on the qualities they love about themselves. Ask your child to think of 4 things they love about themselves. We also encourage connecting with your child and sparking a conversation about the importance of showing themselves love through their thoughts, words and actions. After completing this experience, hang your child's creation on a wall as a daily reminder to love themselves!

I AM UNIQUE



I AM BEAUTIFUL



I SUPPORT OTHERS  
WITH LOVE AND  
KINDNESS



I HAVE CONFIDENCE  
TO BE MYSELF



I AM ENOUGH



TODAY I AM A  
LEADER

### Materials:

White Card Stock  
Markers

To extend this learning experience, your child can create a personalized "box of love" filled with reminders of self-love, or they can create their own set of self-love affirmation cards!