

#HelloYellow

Affirmation Cards

Here are 12 colourful and interactive affirmation cards for your class to use for #HelloYellow.

Affirmations are a small and simple reminder that children can tell themselves to build their confidence. Each card contains an inspiring message to nurture positive self-talk and internal reflection. By using these cards daily, children will learn how to replace negative self-talk with positive self-talk.

How to use the cards?

- Leave a card in children's workbooks (this is a lovely way to brighten their day!)
- Ask the children to pick a card and discuss what it means to them
- Encourage children to create their own affirmation cards
- Choose a card for the whole class to focus on e.g. "I am loved" could be a great conversation starter to find out what makes each individual feel loved
- Ask children to read a card out loud (as loud as possible) at the start of every day
- Ask children to give their friend a card!

We recommend printing and cutting out these affirmation cards.

#HelloYellow

Affirmation Cards

**IT'S OKAY
TO MAKE
MISTAKES**

#HelloYellow

**I LEARN
EVERYDAY**

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**TODAY IS
GOING
TO BE A
GREAT
DAY**

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**I AM
LOVED**

#HelloYellow

**IT'S
OKAY TO
ASK
FOR
HELP**

#HelloYellow

**I AM
GOOD AT
LOTS OF
THINGS**

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Affirmation Cards

**I AM
KIND**

#HelloYellow

**I AM
BRAVE**

#HelloYellow

**I AM
FUN**

#HelloYellow

**I MATTER
IN THIS
WORLD**

#HelloYellow

**MY FEELINGS
MATTER**

#HelloYellow

**I AM
IMPORTANT**

#HelloYellow

#HelloYellow