



## Affirmation Lesson Plan

**Goal:** Students understand the importance of positive self-talk and repeating affirmations to themselves on a daily basis.

**Time:** 20 minutes

**Materials:** Affirmation puzzle, Affirmation print out

### Lesson Steps:

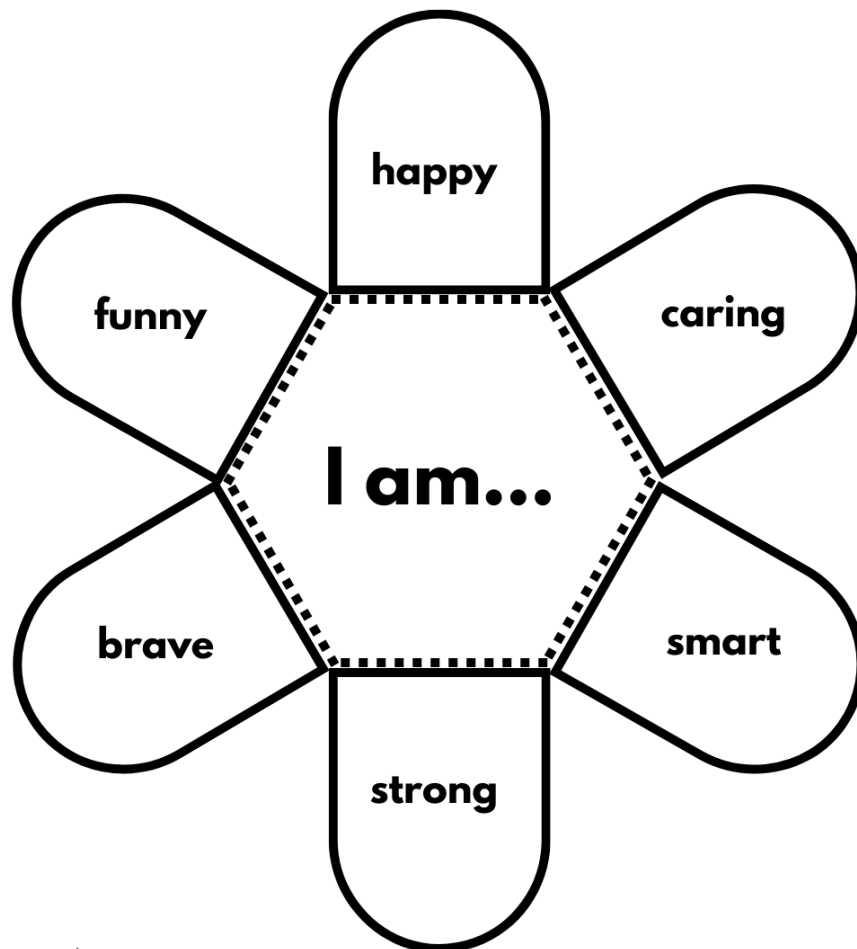
- 1.) Start by explaining that people often “talk” with themselves. Sometimes we do this out loud and sometimes we just do this in our minds throughout the day. The way we talk and think about ourselves can make a difference on how our day goes. When you say things like: “I will never learn this.” or “Ugh! I am the worst.” or “I’ll never get this done.” We call these statements negative self talk. It is important to try to turn this around and make the statements more positive. “This work is hard, so I’ll keep trying.” “I made a mistake but I can do better the next time.” “This is a lot to do but if I keep working then I’ll get it done.” Ask the child if they can think of any examples themselves.
- 2.) Take out the *I Am Me Puzzle* and read through some of the petals together. Ask the students what they notice about the words that were read. You are looking for them to come up with a statement like: “They are all positive things.”
- 3.) Introducing the word *Affirmation*. An affirmation is a way to support and encourage yourself through words. These are positive words. The words that you choose to describe yourself can be different from the way others describe themselves and that is ok.
- 4.) Model taking the center that says “I am” then choose a petal. Then say to the group, “I am ... caring.” Then go around the circle and allow the children to choose the center “I am... then a petal that describes them. End the lesson here or continue with a follow up activity.
- 5.) Explain that you can use more than one affirmation to say to yourself. Print off the flower and have the children glue on affirmations around the petals. After they make an affirmation flower, invite them to take it home and practice saying positive affirmations to themselves every day.

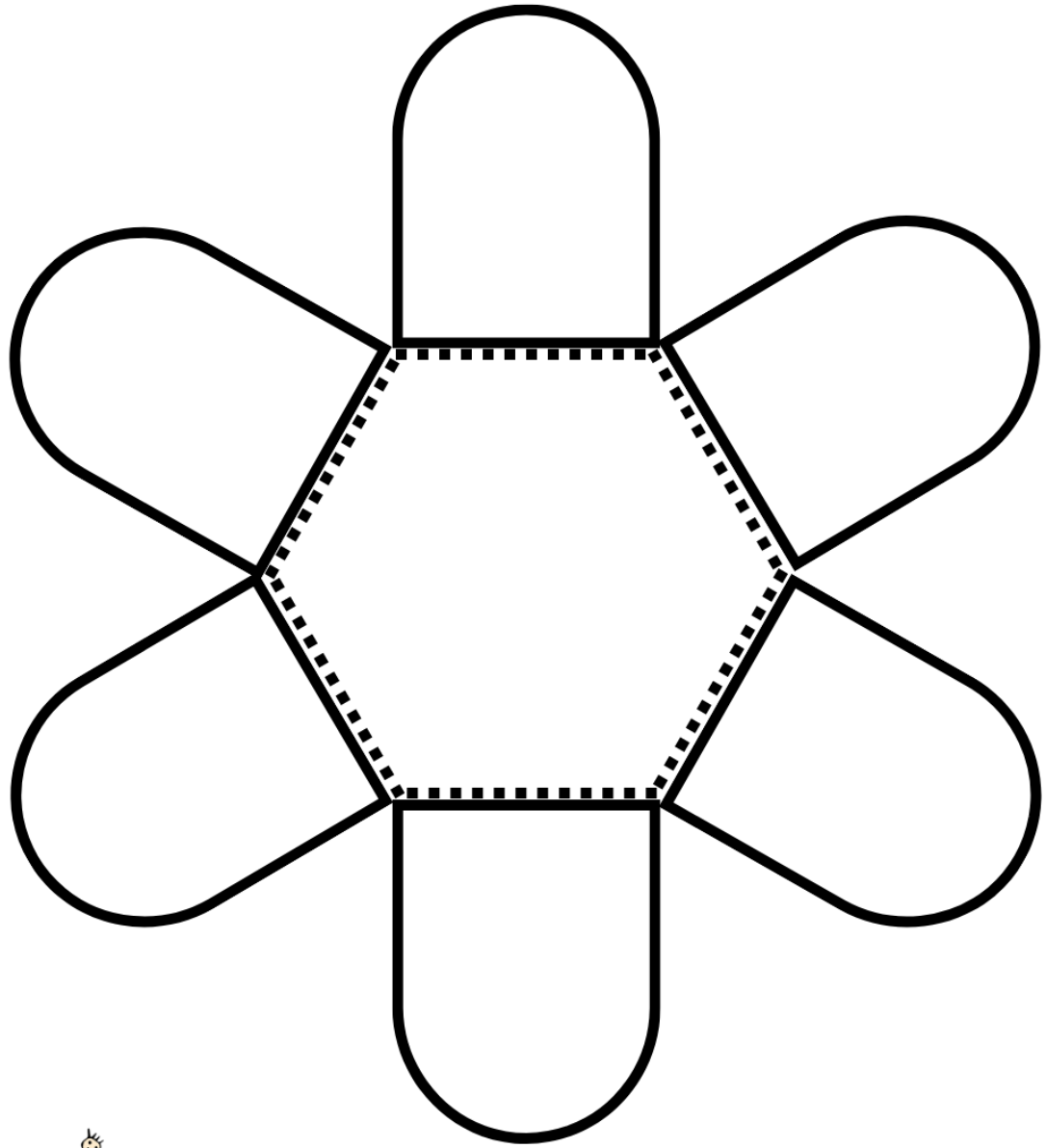
- 6.) Teachers can place the affirmation puzzle in the peace area of the classroom or another area where you can support children using affirmations to turn their day around or lift their spirits. If the classroom does not have a large mirror, feel free to add a small mirror to the shelf near the puzzle, so the child can practice speaking their affirmations to themselves in the mirror.

### **Affirmation Flower Activity Sheet:**

- 1.) Invite the student to cut out the flower on the solid black lines.
- 2.) Ask the child to cut out the affirmations that they like.
- 3.) Have the child glue the words onto the petals.
- 4.) Fold the petals down on the dotted line.
- 5.) Open each petal and say.. "I am smart, I am caring etc.

### **Example of finished product:**







funny	smart	amazing
kind	happy	considerate
caring	strong	confident
loved	great	unsure
safe	brave	powerful