

Affirmation Tracing

Trace the affirmation below and then read it out loud. Put this somewhere you'll see it often!



I can say what I need.

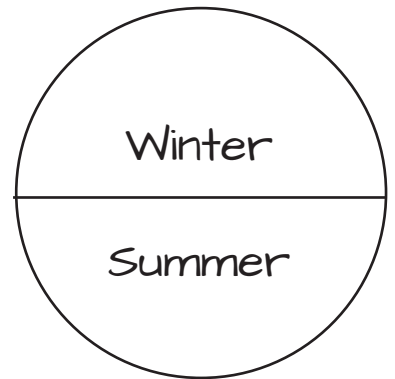
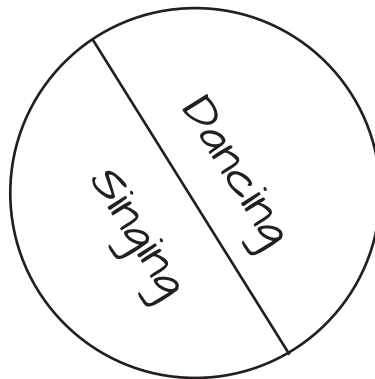
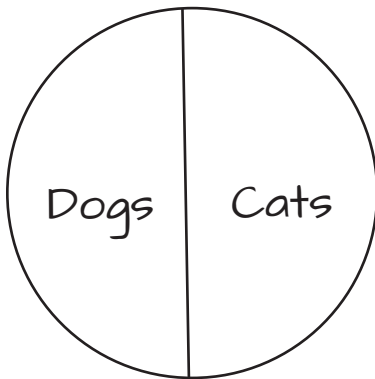
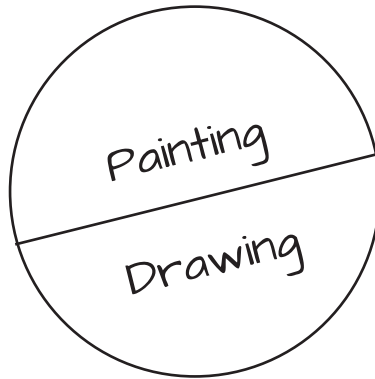
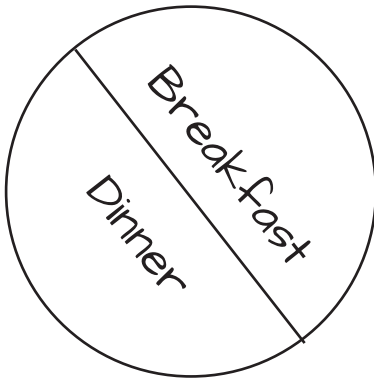
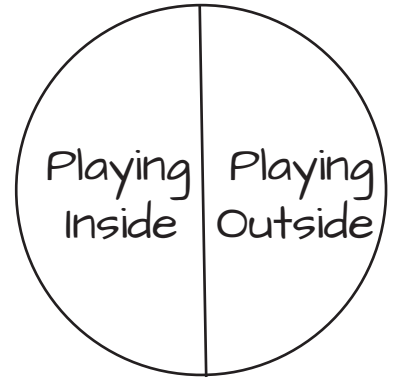
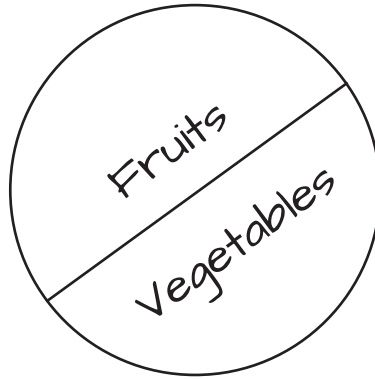
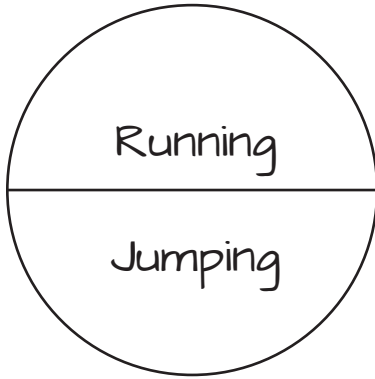
I know I belong.

I speak my truth
when I feel it.

I am worthy and
strong.

This or That

From each of the pairs below, color in the side of the one you like better. There are no right or wrong answers!



CAREGIVER: After your child has made their choices above, have a deeper conversation with them about what they chose. For instance, if they chose Fruits over Vegetables, ask them their favorite fruit. If they chose Painting over Drawing, ask them why they like to paint, etc. Use this as a starting point to give your child age-appropriate choices when you can. When you're unable to give your child a choice, validate their opinion ("I understand that you don't like apples. This is what we have for a snack today, but I will try to keep that in mind for tomorrow.")