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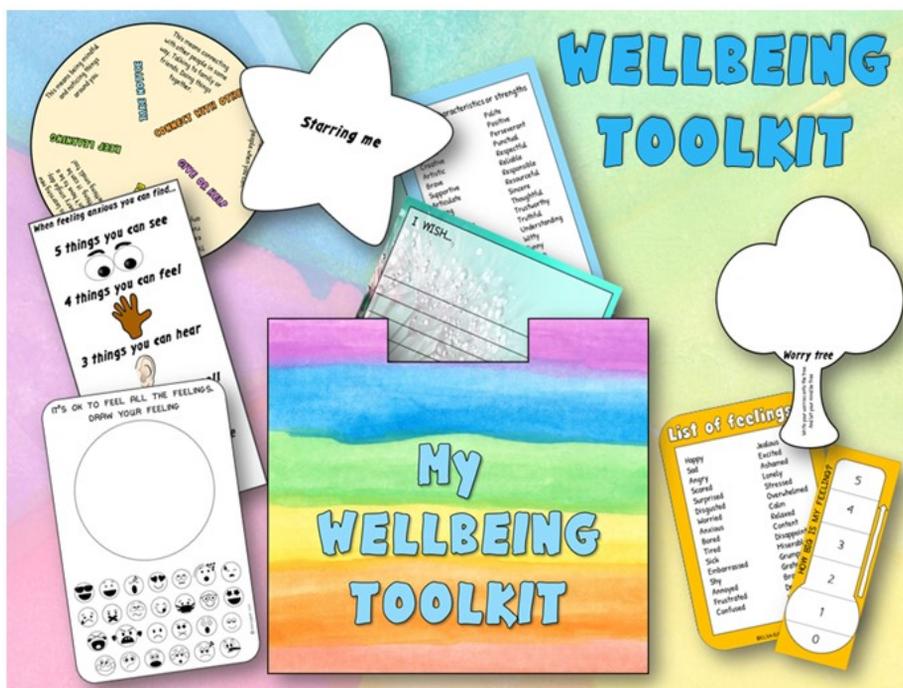
Affirmations

The word affirm means to 'state something that is true'. Affirmations have simple but positive messages that help to develop a child's sense of self.

When used regularly it is hoped that the children will absorb the positive message and become more positive in their outlook in life. They will really begin to believe the statement that they are working on. The message needs to be realistic and very simple.

If you have purchased the wellbeing toolkit you will have a list of strengths/characteristics you can prompt with.

If you want to purchase the wellbeing toolkit you can do so here. Please [click the picture](#) to go to this resource on the website.



I am

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I can

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AFFIRMATIONS

Can you write an 'I am and I can' statement. Write it in bubble writing if you can. Colour the affirmation and then laminate it. Put it in your Wellbeing pocket. Read it daily to remind yourself.