

25 useful AFFIRMATIONS for KIDS!

Using AFFIRMATIONS with children can be a great way to spark some good feeling. What we think, effects how we feel. How we feel, effects how we behave. So starting at the thought level can be effective. Although were consciously planting these thoughts, with repetition they will start to rewire patterns in our (children's) brain. With regular commitment, these new ways of thinking will wire into the subconscious, helping with confidence and resilience!

Write them down, stick them on post its, dot them around the house, and practice them yourself with your child everyday!

Find ones that feel neutral to start, that our child can resonate with (if its too far fetched our brains will know, and it can produce undesired feelings of resistance!).

Here are some suggestions...

" I am going to be ok!"

"Today is going to be a great day!"

"I can take a big deep breath, and blow my worries away!"

"I can do this!"

"I've got this!"

"I love myself!"

"Its ok to make mistakes: mistakes help us to learn!"

"I love my family, and my family love me!"

"I love who I am, I like being me"

"I like the human that I am, because it's ok not to be perfect".

"All humans are imperfect, its what makes us unique!"

" I am kind, and being kind to others feels good"

“Today I am brave! Because bravery is always there for me.”

“Challenges I face make me stronger!”

“Today I am grateful! I am grateful for:”

“When I focus on things in my life that make me happy, it feels good”

“Three things that make me happy are:”

“Its ok to lose sometimes. Losing makes us stronger!”

“I believe in myself!”

“I love myself, even when I get things wrong”

“Its ok to get it wrong sometimes! There is always next time”.

“Its ok to have a bad day. Tomorrow is a whole new one!”

“I am excited to learn new things today!”

“I accept myself exactly as I am. I do not need to compare myself to others”

“I’m ok with who I am. I’m ok with how I look”.

*** Now can you think of two more here :**

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*** What is your favourite affirmation :**

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Namaste! Rupert and Pip Yoga! ☺