

# AFFIRMATION CARDS FOR KIDS

## BEING KIND TO MYSELF (SIDE #1)

**I AM LEARNING  
EVERY DAY.**

**IT'S OKAY TO  
MAKE MISTAKES.**

**I CAN TRY  
MY BEST.**

**I CAN BE PATIENT  
WITH MYSELF.**

## HANDLING BIG FEELINGS (SIDE #1)

**IT'S OKAY TO FEEL  
MY FEELINGS.**

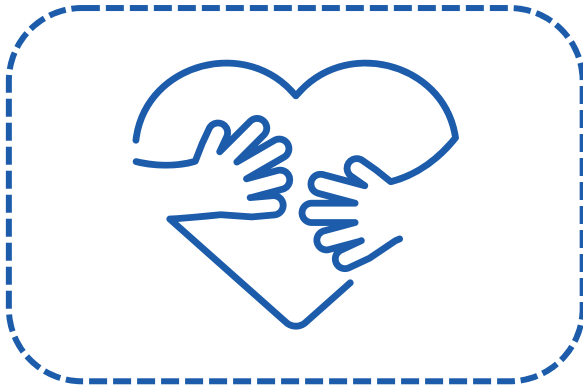
**IT'S OKAY TO  
FEEL UPSET.**

**MY FEELINGS ARE  
IMPORTANT.**

**I CAN TAKE A  
DEEP BREATH.**

# AFFIRMATION CARDS FOR KIDS

## BEING KIND TO MYSELF (SIDE #2)



## HANDLING BIG FEELINGS (SIDE #2)



# AFFIRMATION CARDS FOR KIDS

## GROWTH MINDSET (SIDE #1)

**I CAN  
TRY AGAIN.**

**MISTAKES HELP  
ME LEARN.**

**I CAN KEEP  
LEARNING.**

**I CAN KEEP  
TRYING.**

## INNER STRENGTH (SIDE #1)

**I AM  
BRAVE.**

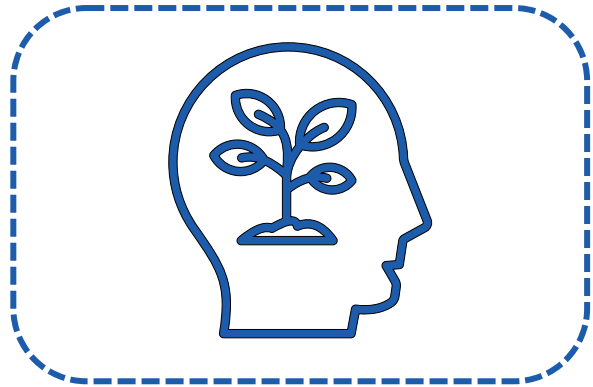
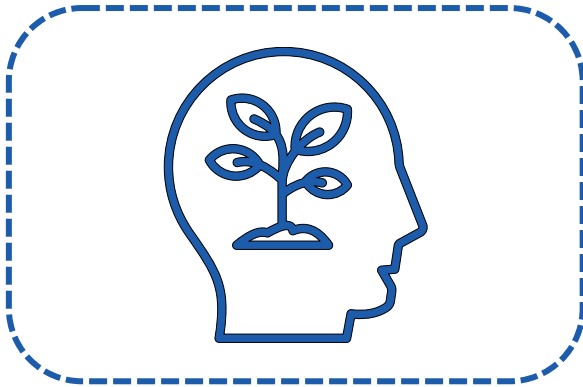
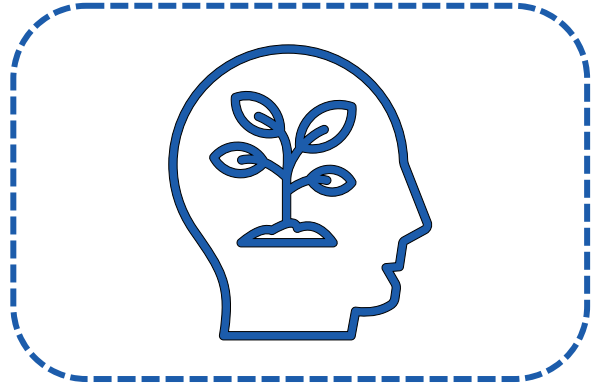
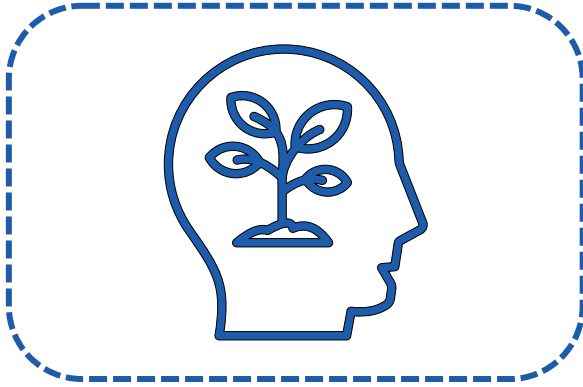
**I CAN DO  
HARD THINGS.**

**I CAN ASK  
FOR HELP.**

**I CAN TAKE IT ONE  
STEP AT A TIME.**

# AFFIRMATION CARDS FOR KIDS

## GROWTH MINDSET (SIDE #2)



## INNER STRENGTH (SIDE #2)

