

# POSITIVE AFFIRMATIONS FREE PRINTABLES

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[www.YourTherapySource.com](http://www.YourTherapySource.com)

for more  
positive affirmation  
activities for children.




**The Positive Path**  
Brain break for proprioceptive input and positive affirmations

This image shows a colorful graphic for 'The Positive Path' brain break. It features a group of diverse children jumping joyfully. Below the image, there are two smaller photos: one showing a child interacting with a wall of colorful handprints, and another showing a child standing on a path made of colorful footprints. The text describes it as a brain break for proprioceptive input and positive affirmations.



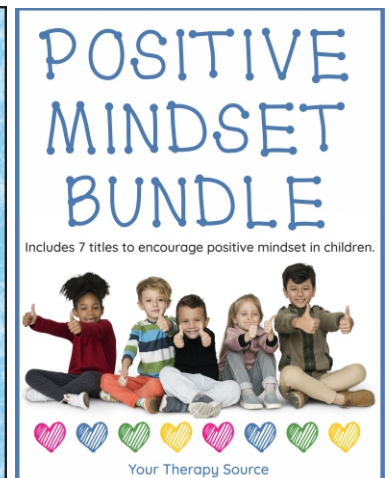
**Motivational Posters and Cards**

This image displays a grid of 12 colorful motivational posters and cards. Each card features a different affirmation or motivational message, such as 'If you can dream, you can do it', 'The best time to start is now', 'Don't give up on your dreams', 'Try harder', 'You can't start a fire with negative thoughts', 'You can't change the world with negative thoughts', 'If you can dream, you can do it', 'The best time to start is now', 'Don't give up on your dreams', 'Try harder', 'You can't start a fire with negative thoughts', 'You can't change the world with negative thoughts'. The cards are arranged in a 3x4 grid.



**Positive Affirmation Posters and Cards for Children**

This image shows a collection of positive affirmation posters and cards. It features several overlapping cards with affirmations like 'I am successful.', 'I am cooperative.', 'I am beautiful.', 'I am relaxed.', and 'I am talented.'. Below the cards, it states: 'Download includes 25 posters (8.5" x 11") and 25 smaller cards of the posters (4.25" x 2.75")'. At the bottom, it says 'Your Therapy Source, Inc. www.YourTherapySource.com'.



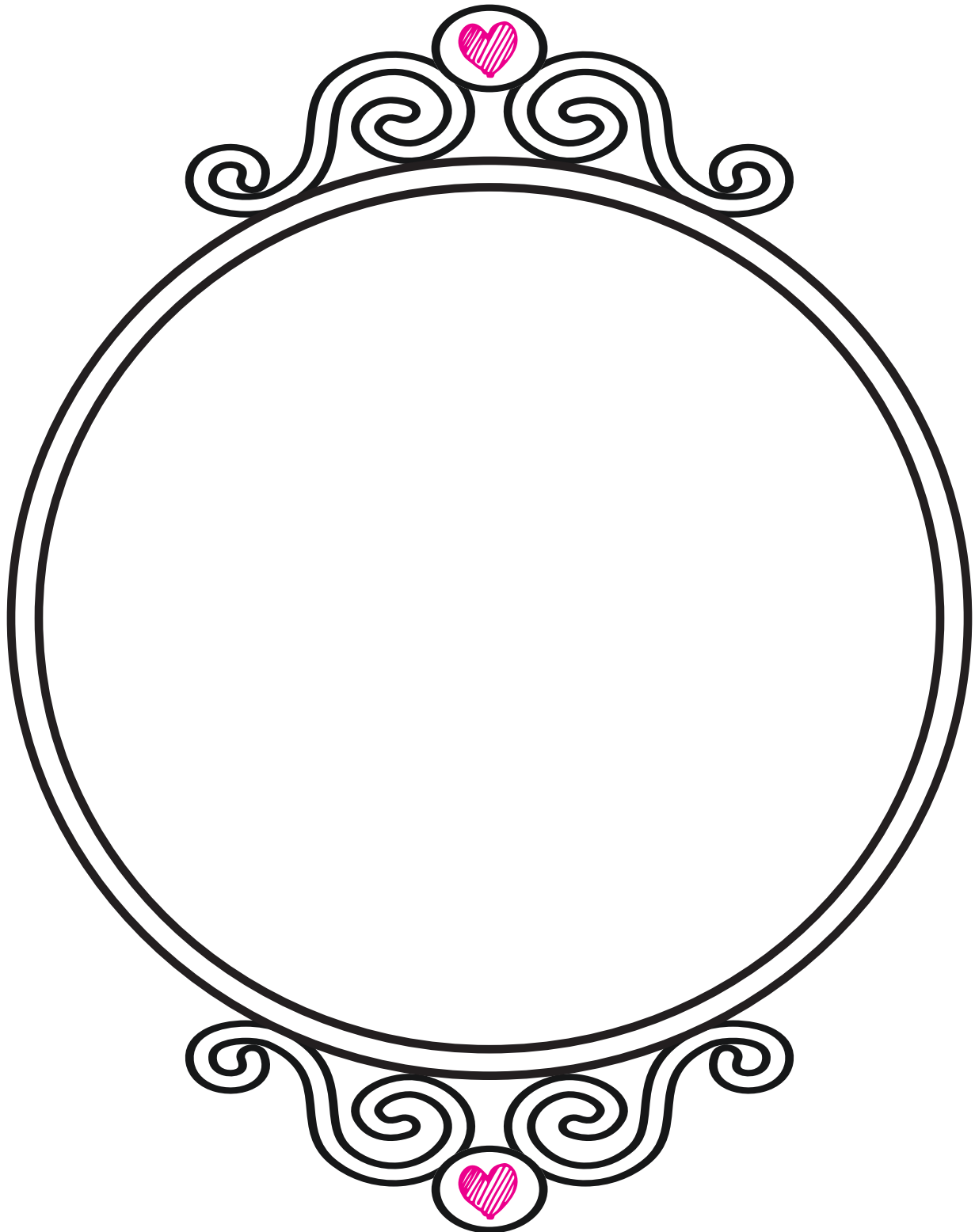
**POSITIVE MINDSET BUNDLE**

Includes 7 titles to encourage positive mindset in children.

This image features a group of diverse children sitting on the floor and giving thumbs up. Below them are several colorful hearts. The text says 'Includes 7 titles to encourage positive mindset in children.' At the bottom, it says 'Your Therapy Source'.

# POSITIVE AFFIRMATIONS

Affirmations are short, positive “I am” statements that use self-talk to encourage positive thoughts about yourself. Draw a self-portrait in the mirror showing your positive traits.



# POSITIVE AFFIRMATIONS

Affirmations are short; positive "I am" statements that use self-talk to encourage positive thoughts about yourself. Write 5-10 positive affirmations for yourself.



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# POSITIVE AFFIRMATIONS

Affirmations are short, positive "I am" statements that use self-talk to encourage positive thoughts about yourself. Write 5-10 positive affirmations for yourself.



# POSITIVE AFFIRMATIONS

## Change to a Positive Tune Visualization Exercise

Introduction: Ask children how they listen to music. What happens when they want to change the song they are listening to? Do they skip to a new song, download a new song or change the radio station?

Discuss how your inner voice works. We all have negative thoughts or “songs” we hear inside our head sometimes. Maybe we think we are not good at something or we feel sad. Other times we have positive thoughts or “songs” we hear with our inner voice that help us to achieve our goals or feel happy.

Explain to the children that you can change your inner voice and that you are going to imagine changing your inner voice. Just like we change the song we are listening to, we can also change our negative thoughts to positive thoughts. Positive self-talk can help us to achieve a positive mindset.

Activity: Ask the children to think of a negative thought or “song” that they have in the mind or had in the mind at one time. Invite them to change the music. Lead everyone in miming to teach the children how to change the “songs”.

Encourage them to pretend to change the radio station or access a new playlist that plays lyrics such as:

I am healthy and strong.  
I am confident and capable.  
I learn best at my own pace.  
I am safe.  
I am loved.



*Your inner voice*  
*matters*



*Change to a*  
*positive tune!*