






Affirmation Cards

Used For: Cognitive Coping/Self Esteem

Technique can be used in:

 Group  Individual  Parent/Child  Family  All Ages

Supplies Needed:

- Affirmation Cards (attached or found online)
- Scissors
- Laminator/paper (optional)
- Meditation (ours is taken from Relax Kids <http://www.relaxkids.com/Relax-Kids-Books>)

Detailed Description:

Affirmation Cards are a great way to have discussions about what thoughts are in our hearts/heads. Cut the affirmations cards out and laminate them. Spread them out and ask a client to “pick one that speaks to them”.

- Ask them to close their eyes and read the Magic Tree Meditation to them (or any meditation that talks about trusting their inner thoughts).
- Optional: Have the child draw what they saw when reading the meditation.
- Send a copy of their affirmation card home with them.



Love... peace... happiness...



MAGIC TREE

Close your eyes, be very still and imagine that you are standing at the foot of the most enormous tree you have ever seen. This is a magic tree. You see a little door in the trunk of the tree. Open the door and go through, and you find a magical fairy world. There are hundreds of corridors and rooms inside. Have a look and see if you can find a door with your name on it. When you have found it, go inside the room. This is your special room. Can you see the big comfy chair in the corner? Go over to the chair and sit very quietly and peacefully. Right next to the chair is a table, and on the table is a silver box. This is your power box, and inside the power box is everything you need to help you cope with any difficult situations you might have in life. Open the box, and you see lots of colourful cards with a different word written on each one. Can you read what the cards say? LOVE, PEACE, FORGIVENESS, HAPPINESS, STRENGTH.

Choose a card and read what it says. What card have you picked today? Now think about what the word on the card means. The stiller you stay, the more you will understand what the card means. And when you are ready put the card back, get up from the chair, come out of the room, close the door, and come out of the magic tree. Whenever you feel upset or scared or unhappy, just pop back into your secret special room and take a card, and you will feel much better.

And now, when you are ready, wiggle your fingers and toes, have a big stretch and open your eyes.

EVERYTHING I NEED IS INSIDE,
EVERYTHING I NEED IS INSIDE



Kind Over Matter Affirmation Cards

Cut around each circle with scissors.


Affirmations by [Jenn Gibson](http://kindovermatter.blogspot.com) from [Kind Over Matter](http://kindovermatter.blogspot.com)
<http://kindovermatter.blogspot.com>

Design by [Amanda Oaks](#)



(Pattern by mae-b.deviantart.com)




**Bad things
don't last
forever**






**Every day and in
every way, I get
better and better**






**I am
awesome**






**I am always in
the right place
at the right time**




**I am always
doing the best
I can**




**I am a
fast learner**





**I accept myself
even though
I sometimes
make mistakes**

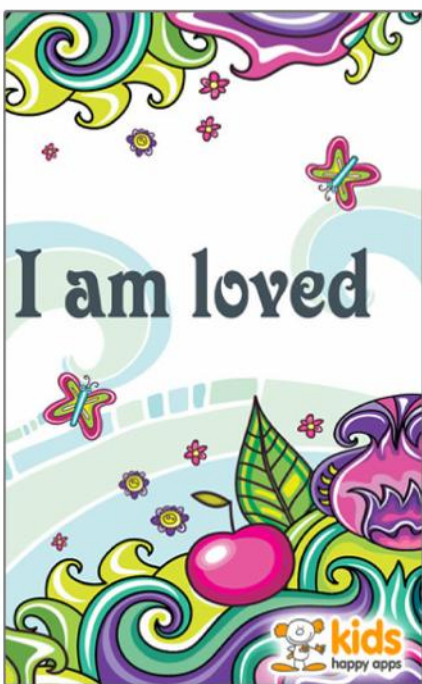
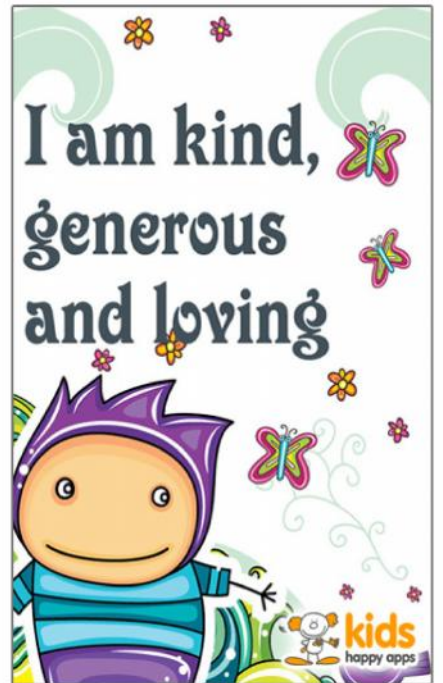
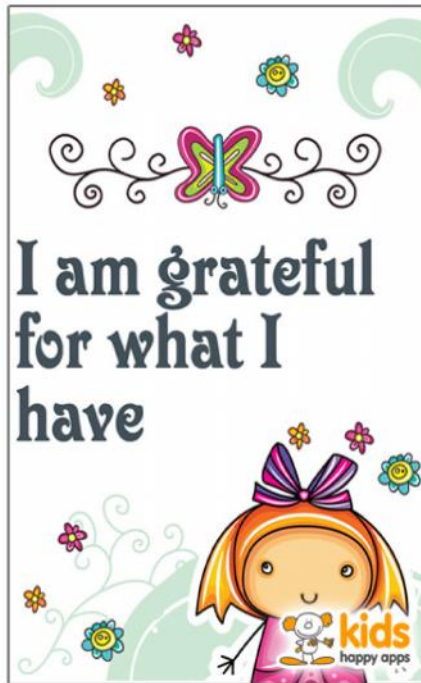
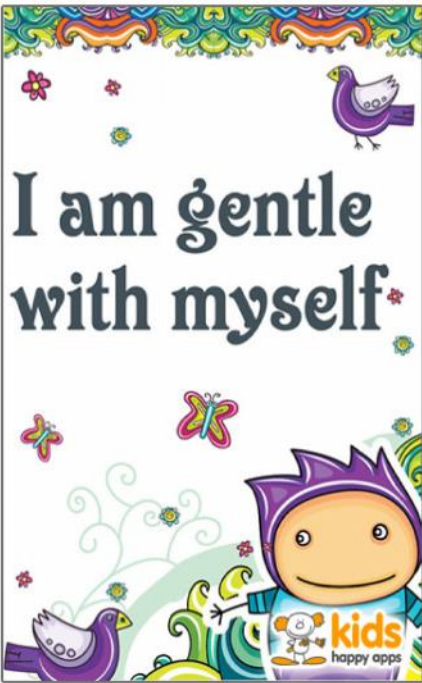
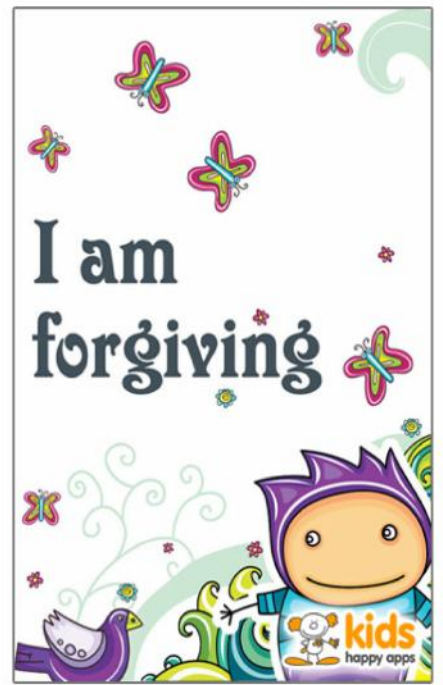



**I accept compliments
graciously and openly**



**I am calm,
relaxed and
peaceful**








I am perfect
just the way
I am

kids
happy apps



I am
smart

kids
happy apps




I am unique
and special

kids
happy apps




I am very
creative

kids
happy apps



I am vibrant
and have lots
of energy

kids
happy apps



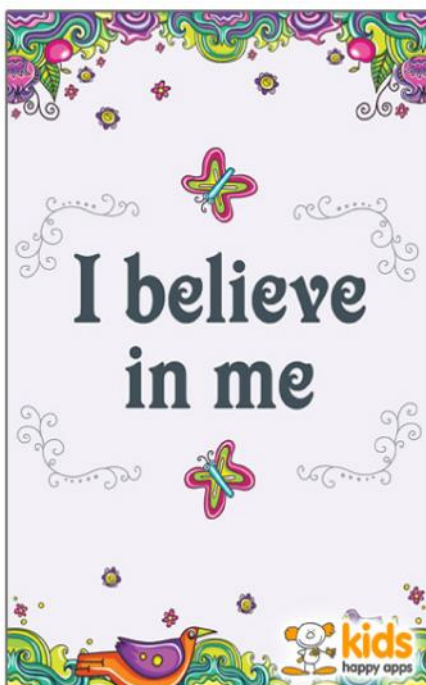
I am
worthy

kids
happy apps



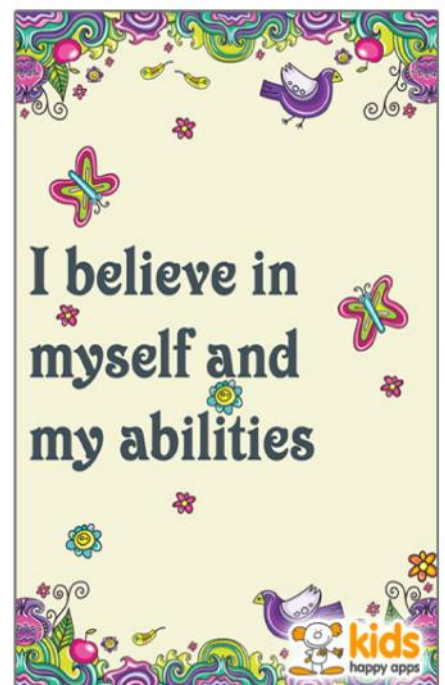
I believe I can
be whatever I
want to be

kids
happy apps



I believe
in me

kids
happy apps



I believe in
myself and
my abilities

kids
happy apps

I can do anything
I set my mind to

kids
happy apps

I can
do it

kids
happy apps

I complete my
school work on
time every day

kids
happy apps

I deeply love and
accept myself

kids
happy apps

I deserve
good things

kids
happy apps

I don't take
myself too
seriously

kids
happy apps

I eat
healthy

kids
happy apps

I enjoy being,
feeling and
thinking positive

kids
happy apps

I enjoy my
own company

kids
happy apps

I enjoy playing games with my friends

kids happy apps

I enjoy trying new ideas

kids happy apps

I express my ideas easily

kids happy apps

I feel confident and secure

kids happy apps

I have a healthy relationship with my teachers

kids happy apps

I have got a great imagination

kids happy apps

I have lots of friends who love me

kids happy apps

I have many friends who like being near me

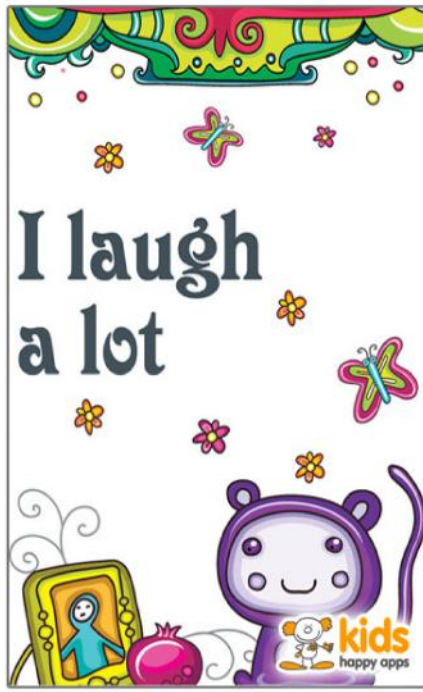
kids happy apps

I have loving, positive and happy thoughts


kids happy apps



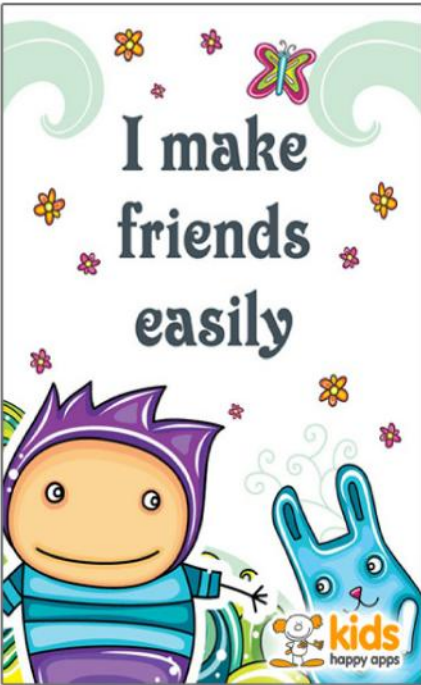
I have many
gifts and talents




I laugh
a lot



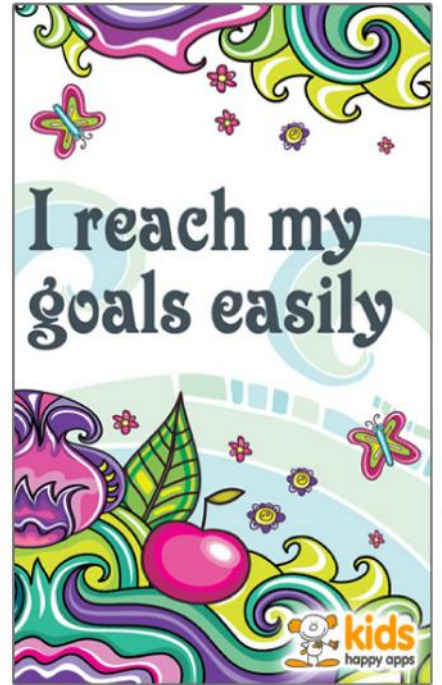
I love my life
and have lots
of fun



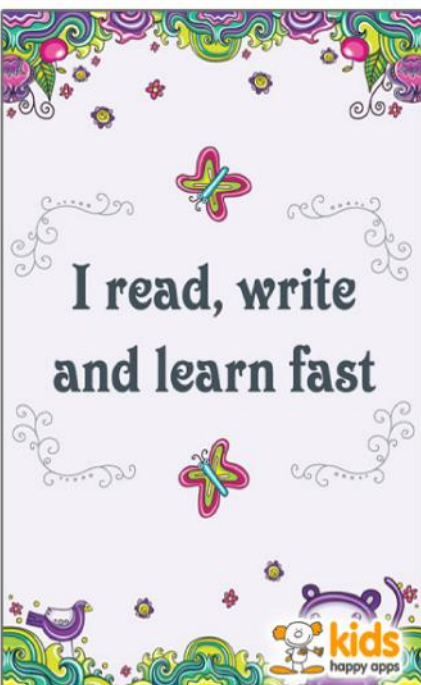

I make
friends
easily



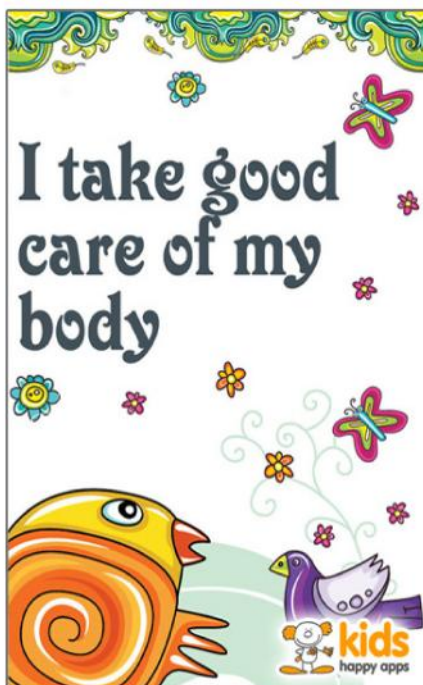

I radiate love
and compassion




I reach my
goals easily



I read, write
and learn fast

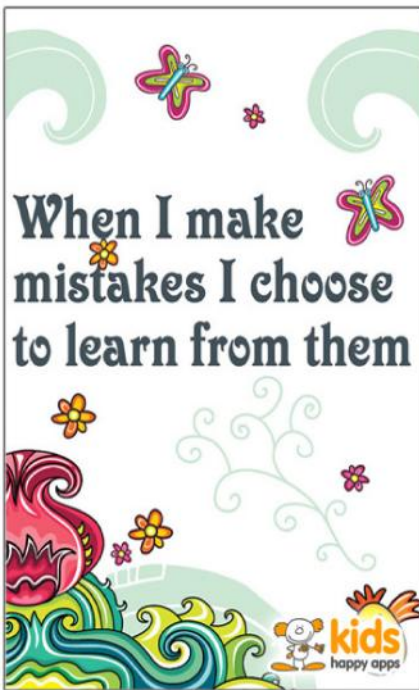
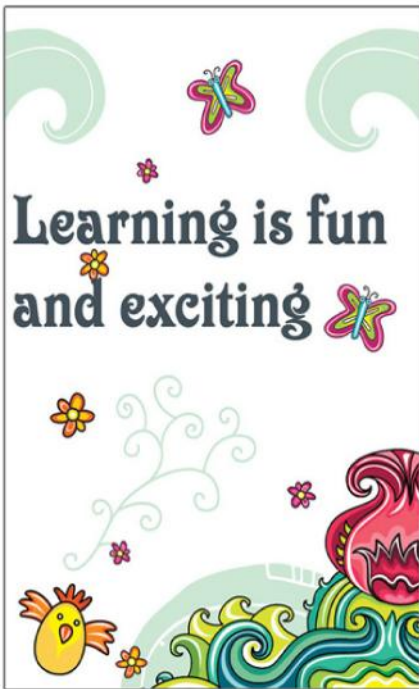


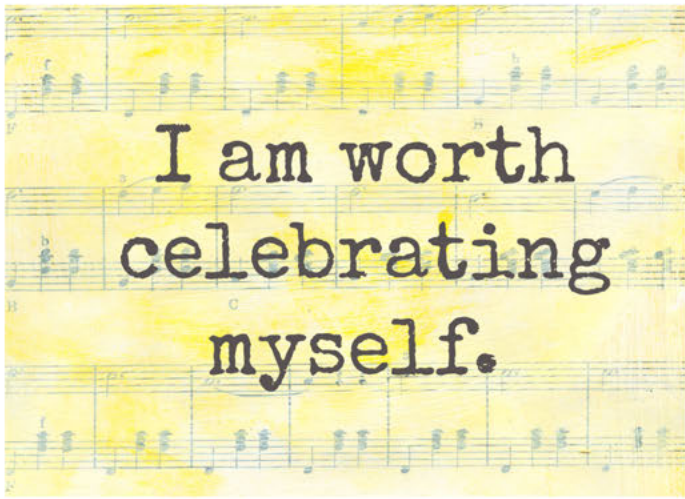
I take good
care of my
body



I trust myself
in making
great decisions







I am worth
celebrating
myself.



I get to know
myself better
every day.



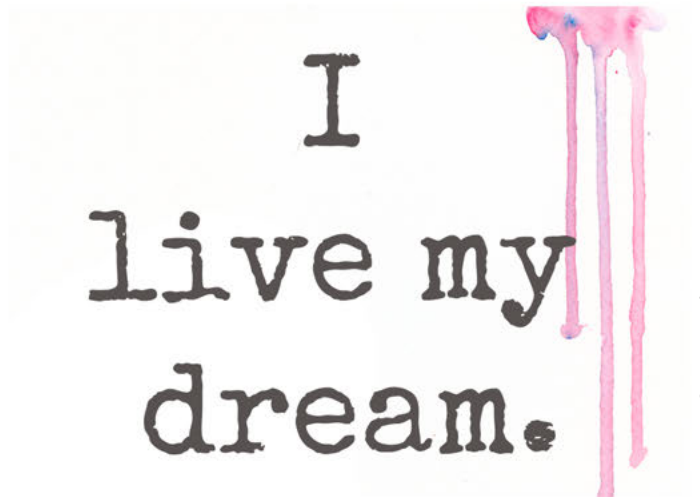
I love
myself.



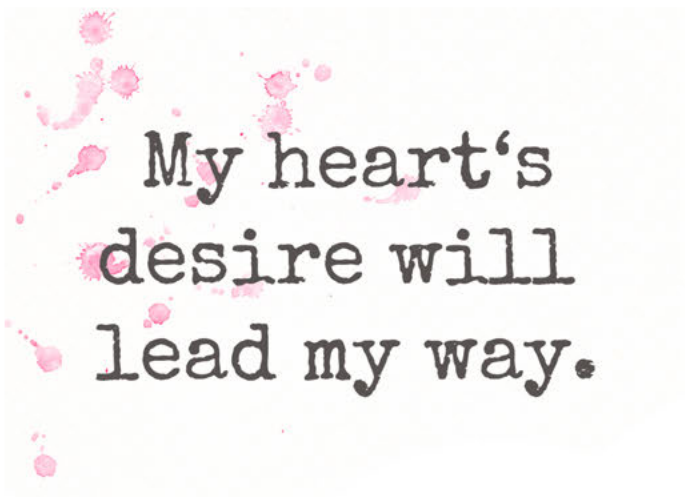
Self care
is my
priority.



I am worth
having fun
every day.



I
live my
dream.



My heart's
desire will
lead my way.



I take
good care
of my body.

For personal use only. Thank you.

I can
do this.

I am
loved.

I am
strong.

I am
healthy.

My life
is unfolding
perfectly.