


## Core Competencies: Personal Awareness and Responsibility & Physical and Health Education – Positive Affirmations

<b>Curriculum:</b> Core Competency – Personal Awareness and Responsibility Physical and Health Education	<b>Learning Goals:</b> -Help students express their feelings in a healthy manner -Help students recognize their emotions -Describe and assess strategies for promoting mental well-being, for self and others
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<b>Materials</b>
-Paper -Pencil -Crayon/pencil crayon/markers if desired -Scissors

<b>Activity</b>
<b>Focus: Create positive affirmations for positive self-identity.</b>

<p>-In this activity you will create positive affirmations for yourself. The goal of writing positive affirmations is to help mental well-being and to create a positive self-identity.</p> <p>-What is a positive affirmation? A positive affirmation is a short positive statement that something is true. This statement is an “I Am” statement that is repeated and written down frequently. Positive affirmations are used as a self-talk or inner dialogue. For example:</p> <ul style="list-style-type: none"><li>- I am enough.</li><li>- I am amazing.</li><li>- I am strong.</li></ul> <p>-When we use positive affirmations, we are strengthening our self-esteem which helps to strengthen our positive self-identity and mental well-being. We become happier and strengthen our thinking with positive words.</p> <p>-Brainstorm positive words that describe you. Pick three of these words to put into a positive affirmation. Write these three positive affirmations on three separate pieces of paper. Post these positive affirmations somewhere in your home for you to see.</p> <p><b>Extension:</b></p> <p>-Create a positive affirmation for someone in your home. Post this affirmation where this person can see it. Talk to this person about positive affirmations. Why do we use them? What can they help with?</p> <p>-Art: Draw a large heart on a piece of paper. Pick one positive affirmation for yourself. Write this positive affirmation in the heart. Decorate and cut out the heart. Post this heart somewhere for you to see daily.</p>