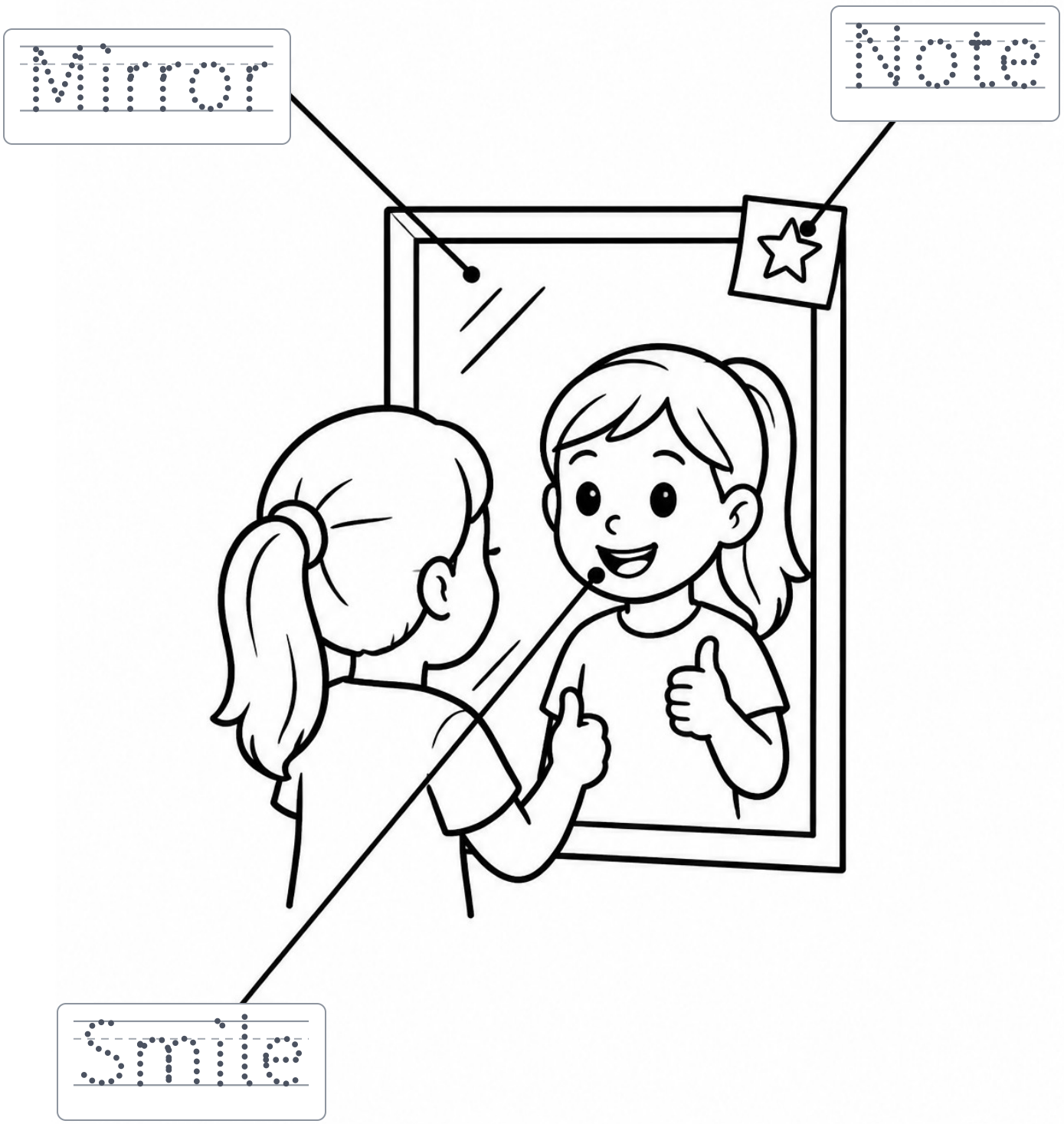
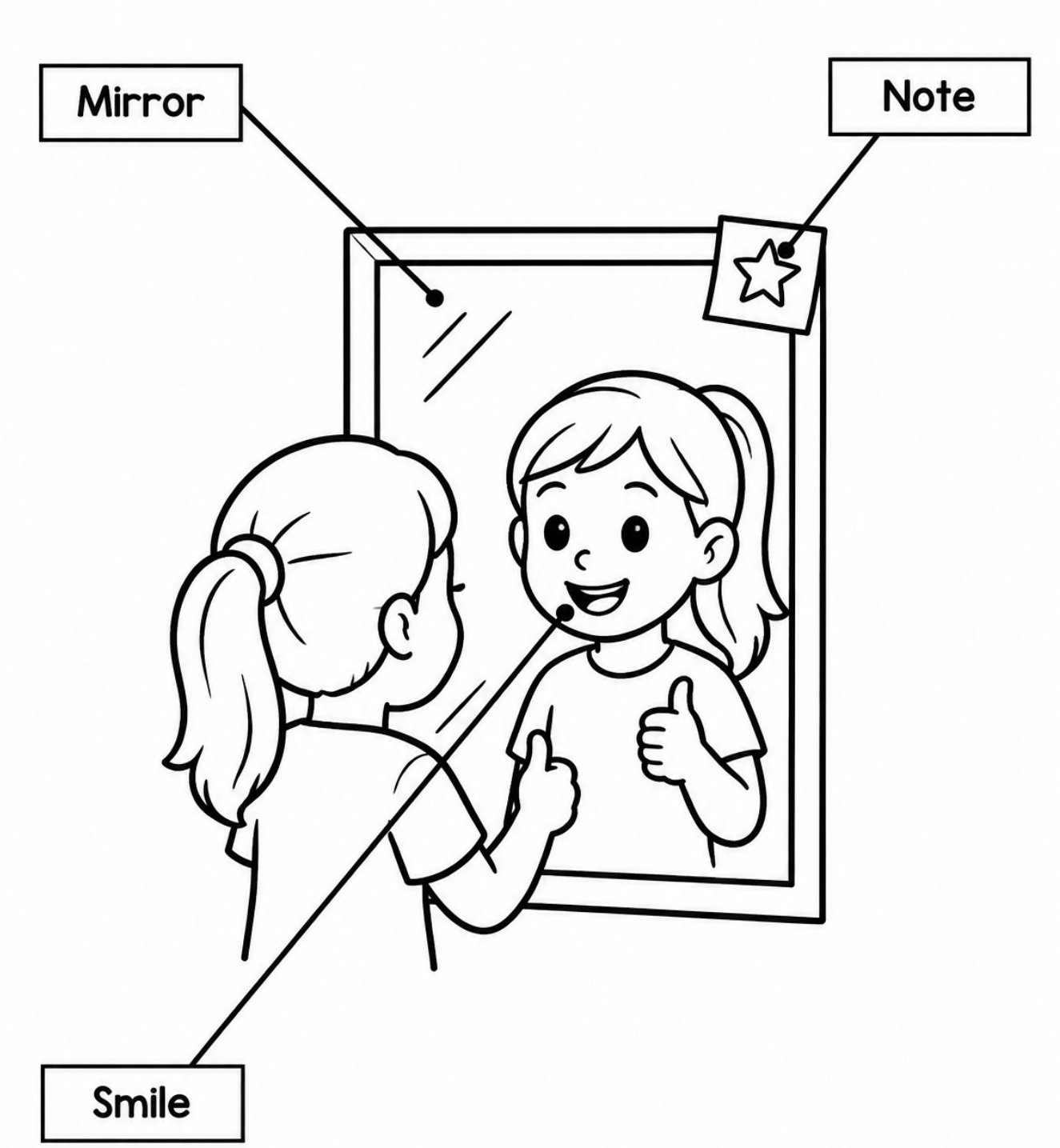
**Trace the words. Then color the picture.**

Name _____ Date _____

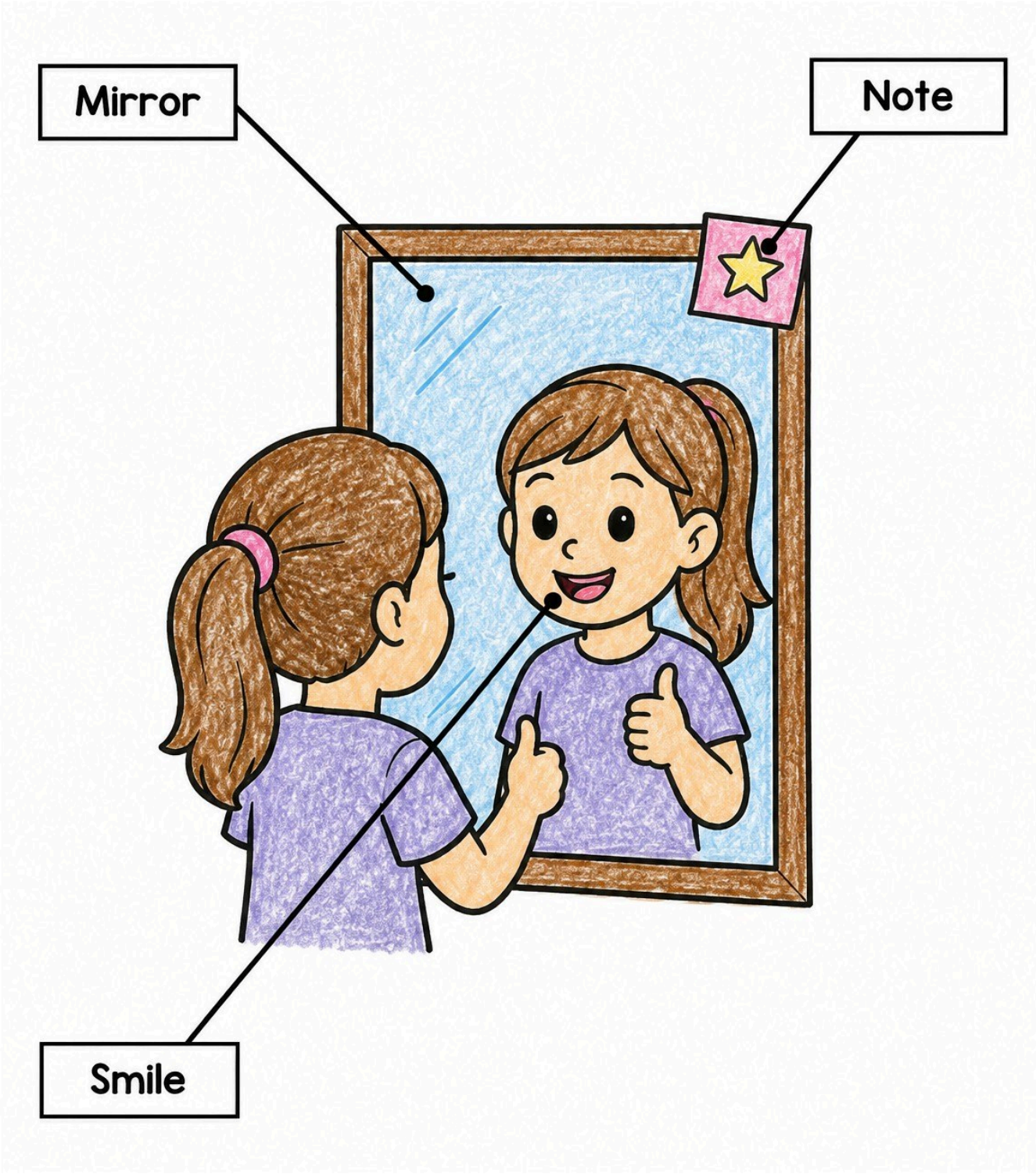
# Mirror Affirmation Practice



# Mirror Affirmation Practice



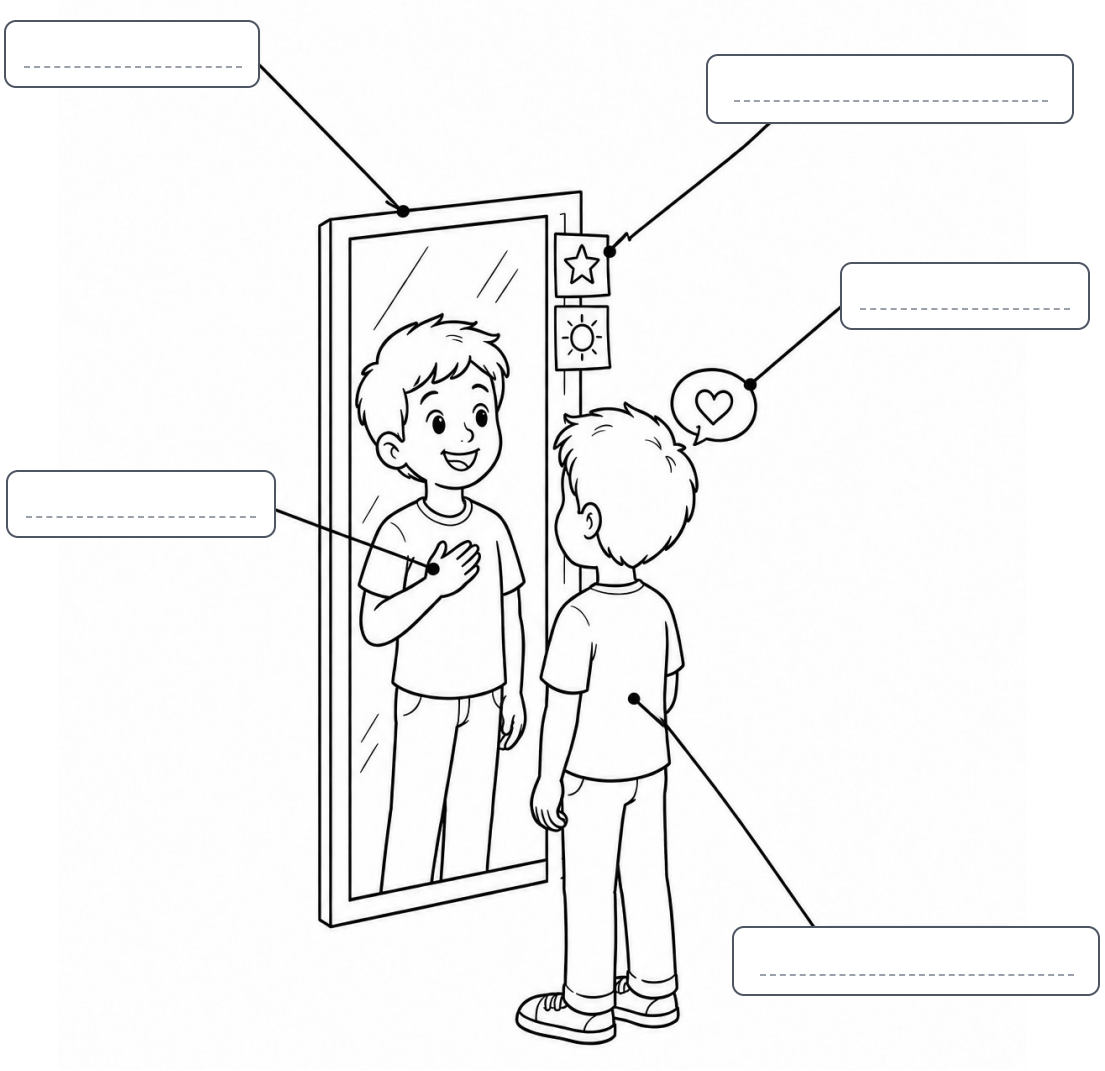
# Mirror Affirmation Practice



**Write the missing words. Use the word bank.**

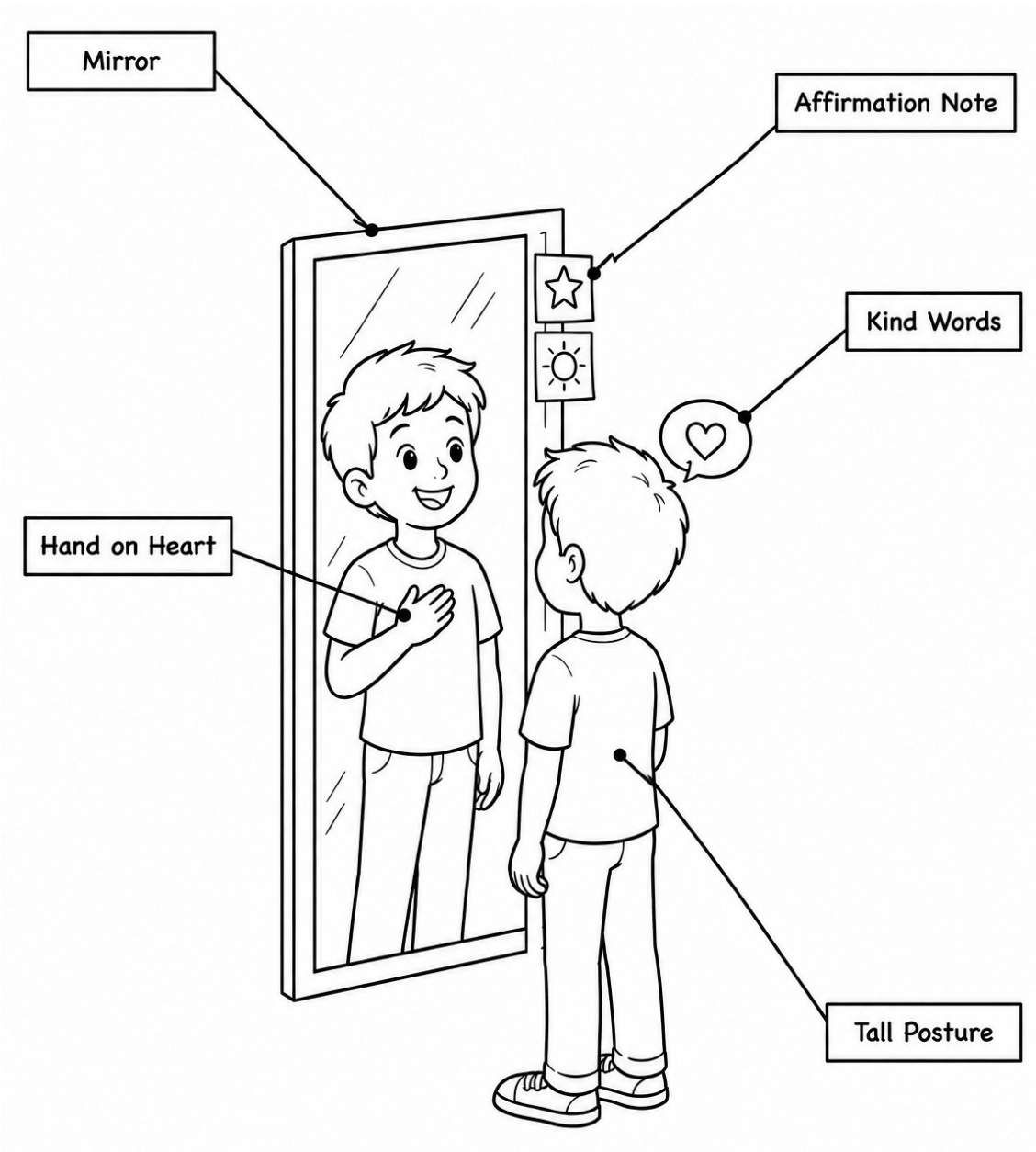
Name _____ Date _____

# Speaking Kindly to Yourself

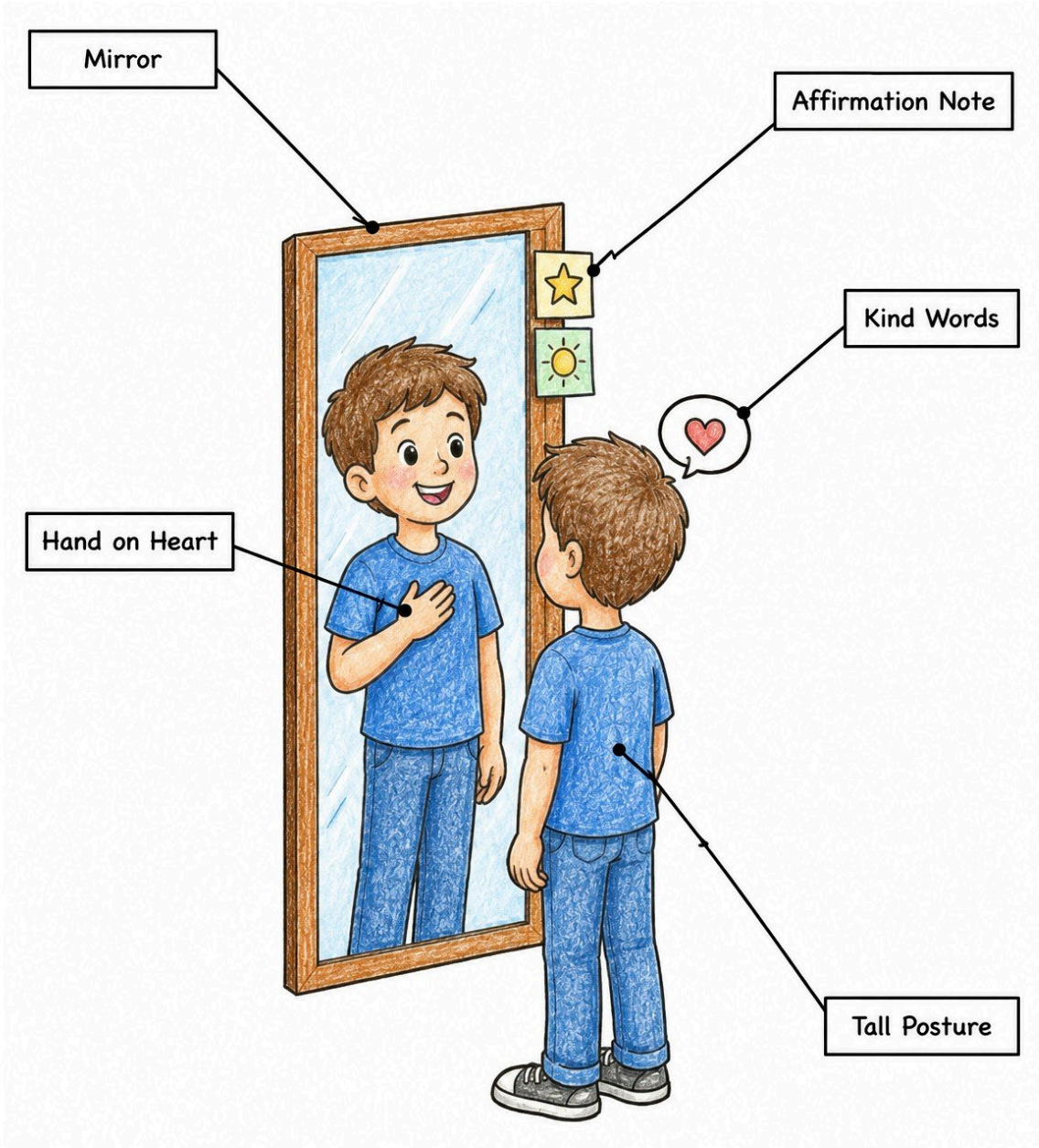


WORD BANK Affirmation Note • Kind Words • Tall Posture • Mirror • Hand on Heart

# Speaking Kindly to Yourself



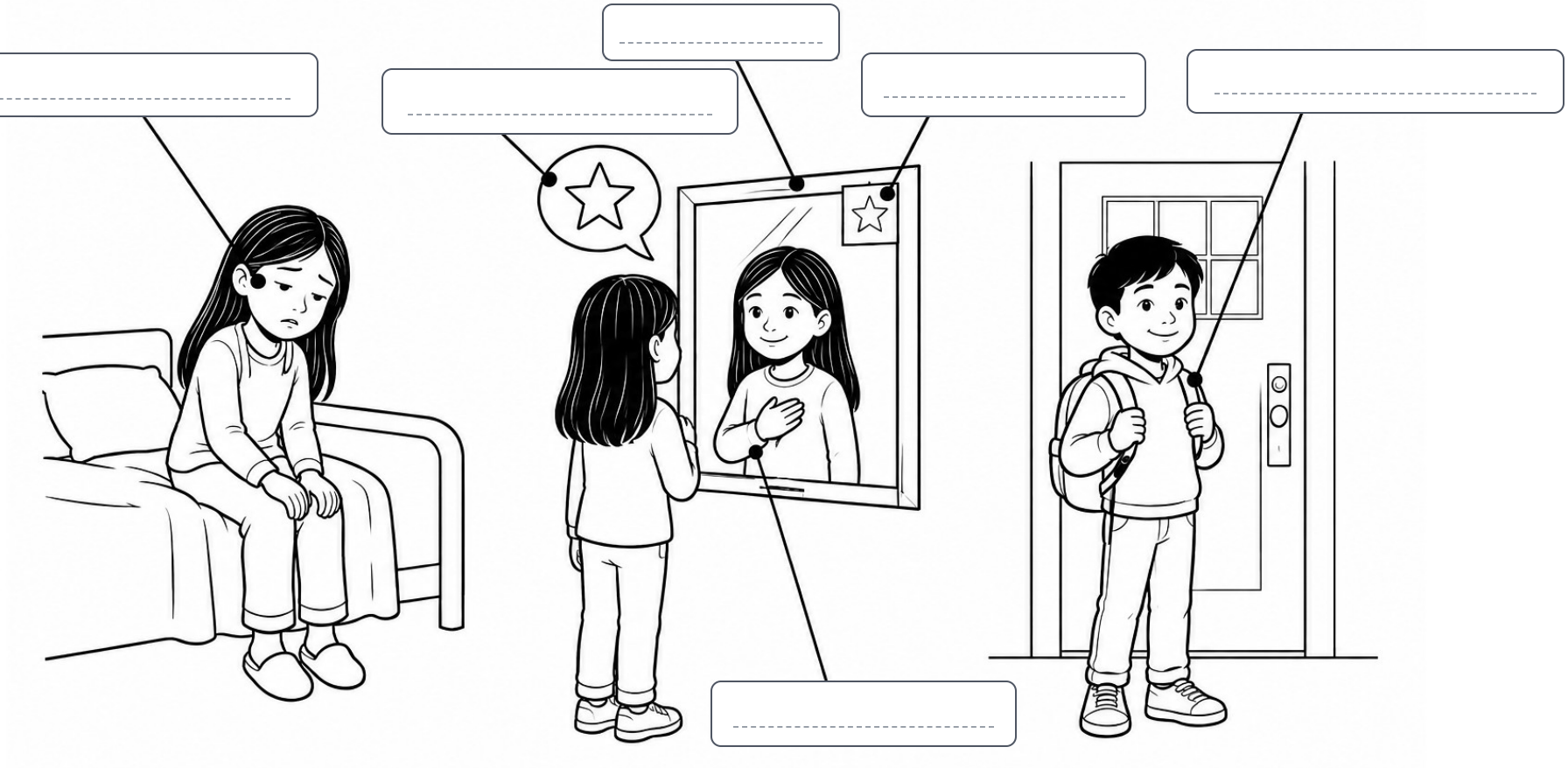
# Speaking Kindly to Yourself



**Write the missing words. Use the word bank.**

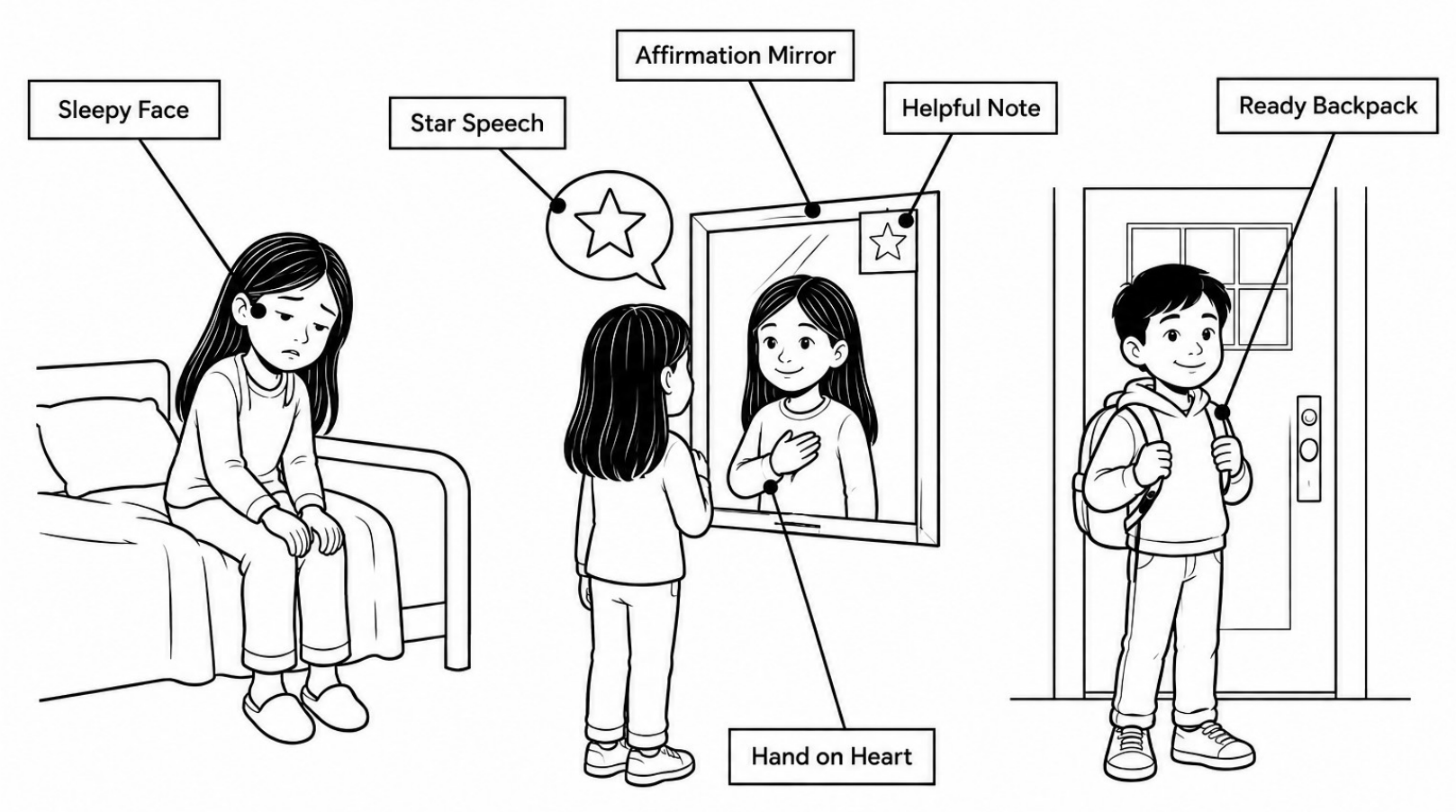
Name _____ Date _____

# Morning Affirmation Routine

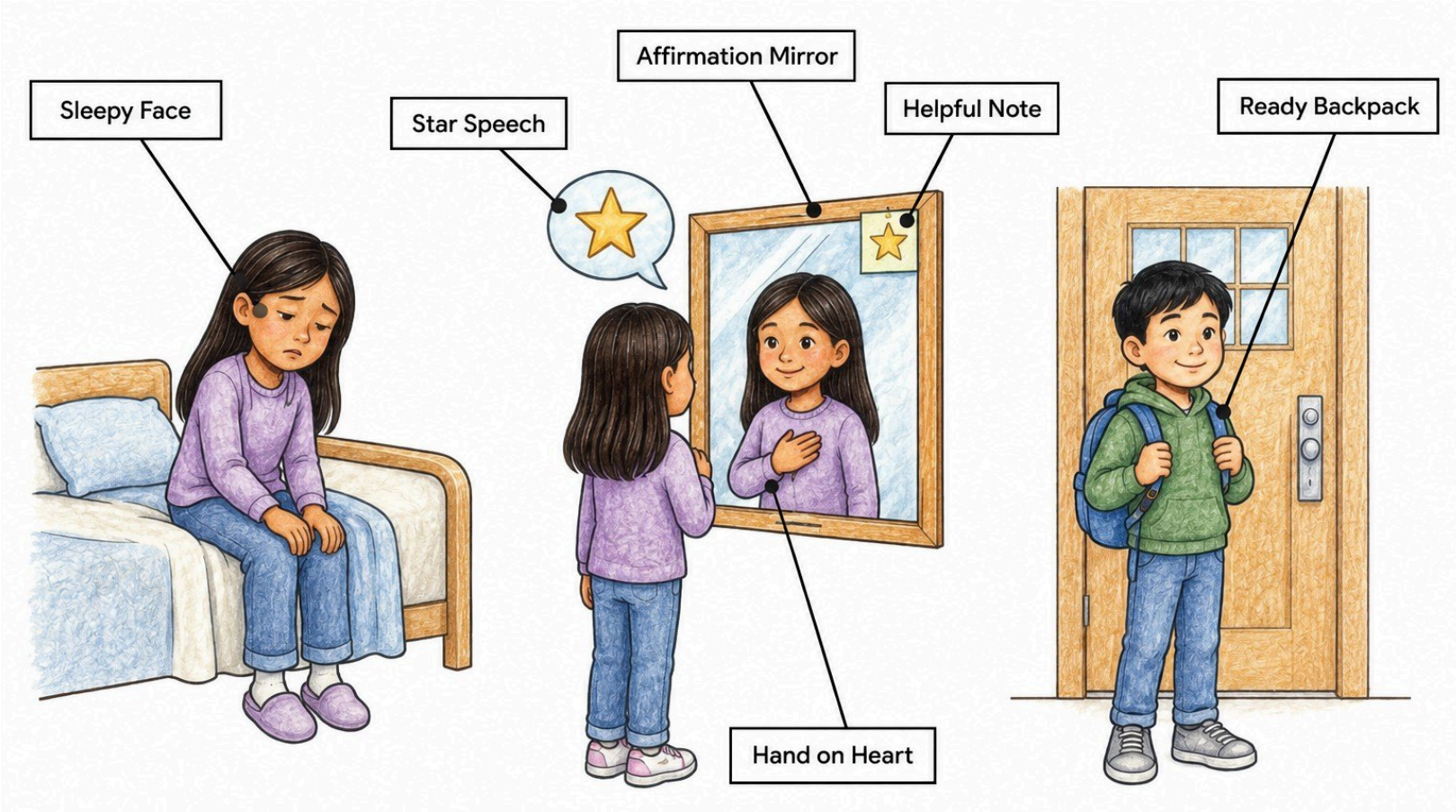


WORD BANK Helpful Note • Affirmation Mirror • Ready Backpack • Sleepy Face • Star Speech • Hand on Heart

# Morning Affirmation Routine



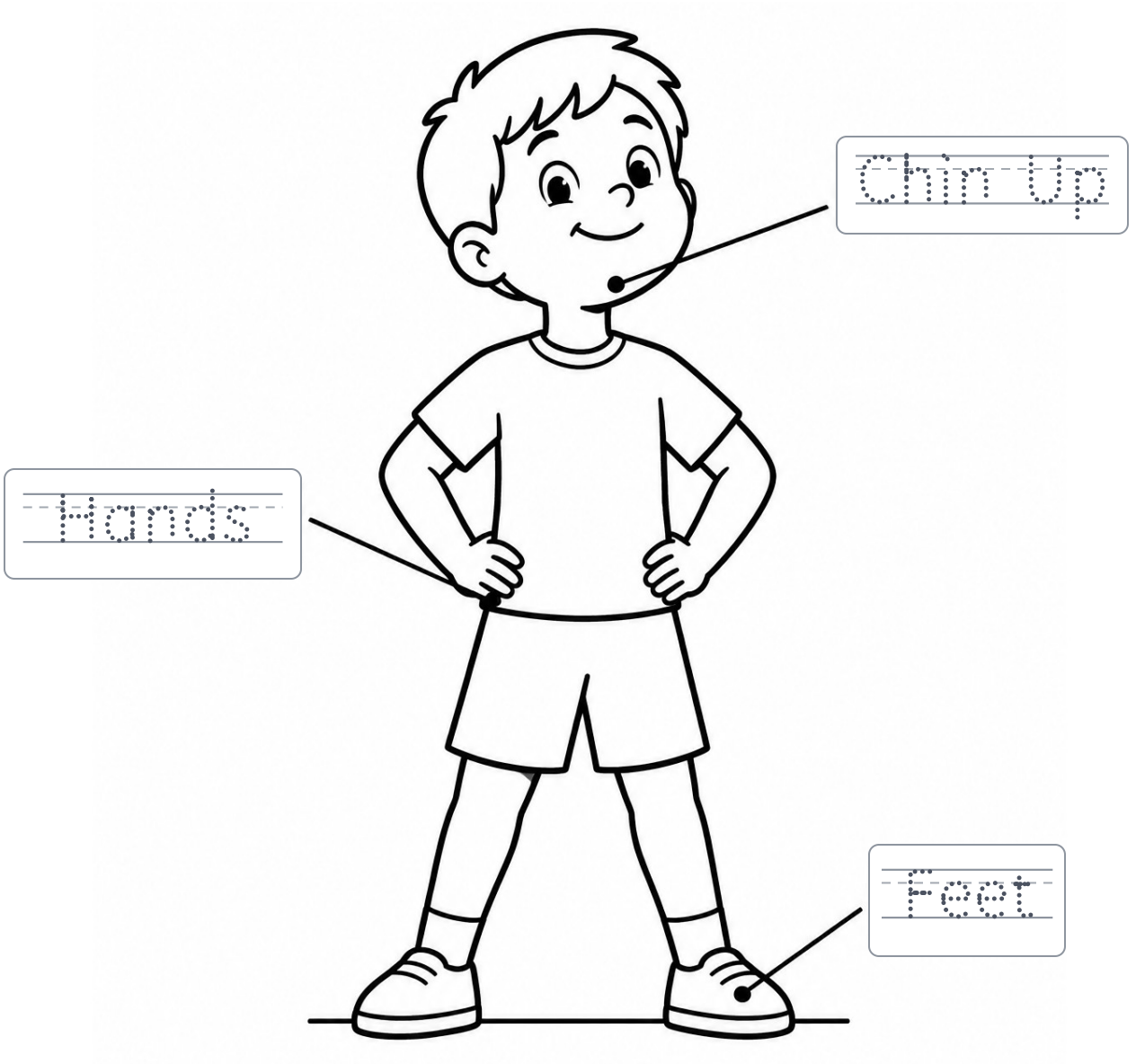
# Morning Affirmation Routine



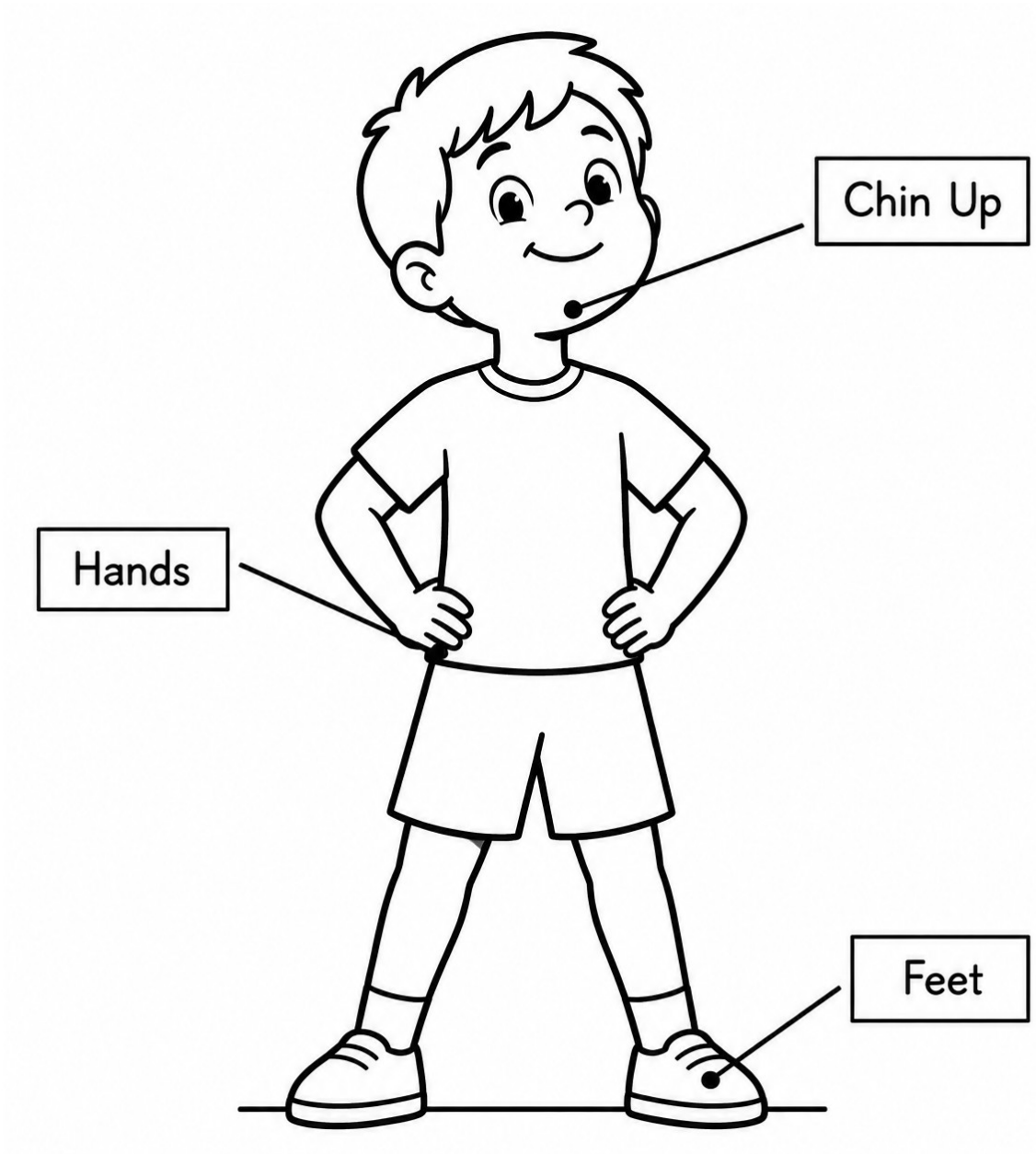
**Trace the words. Then color the picture.**

Name _____ Date _____

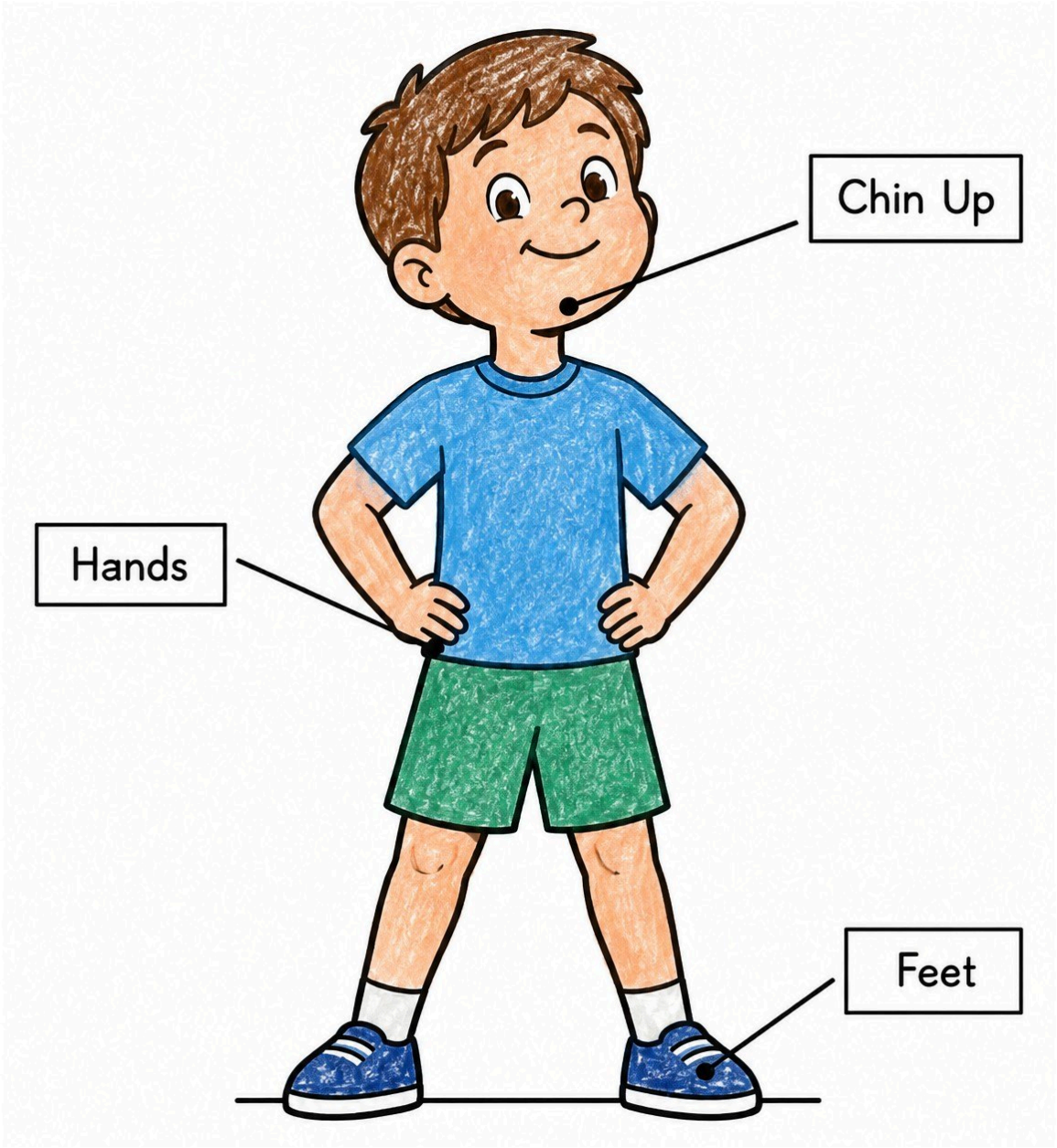
# Confident Affirmation Pose



# Confident Affirmation Pose



# Confident Affirmation Pose

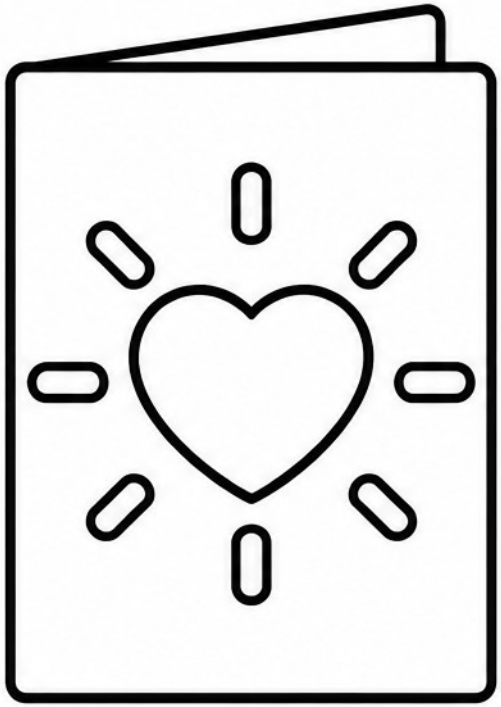


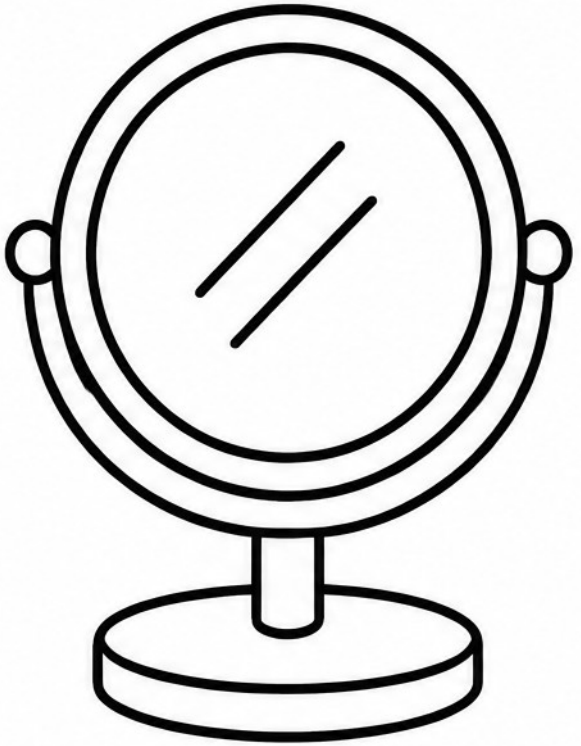
Trace the words. Then color the picture.

Name _____ Date _____

# Everyday Affirmation Tools







Jar

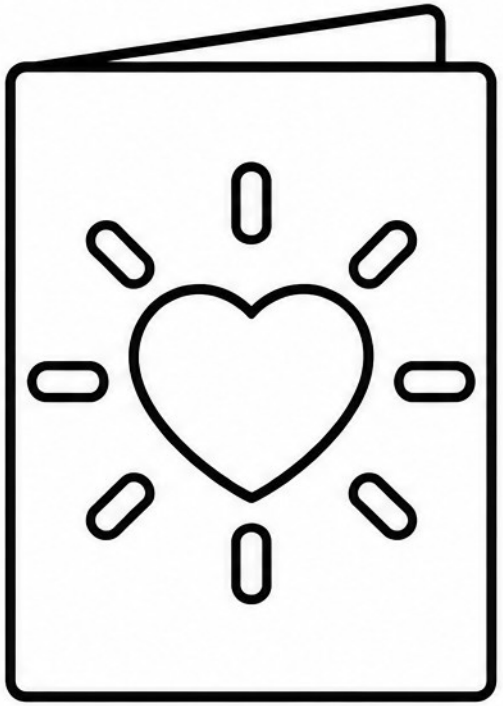
Card

Mirror

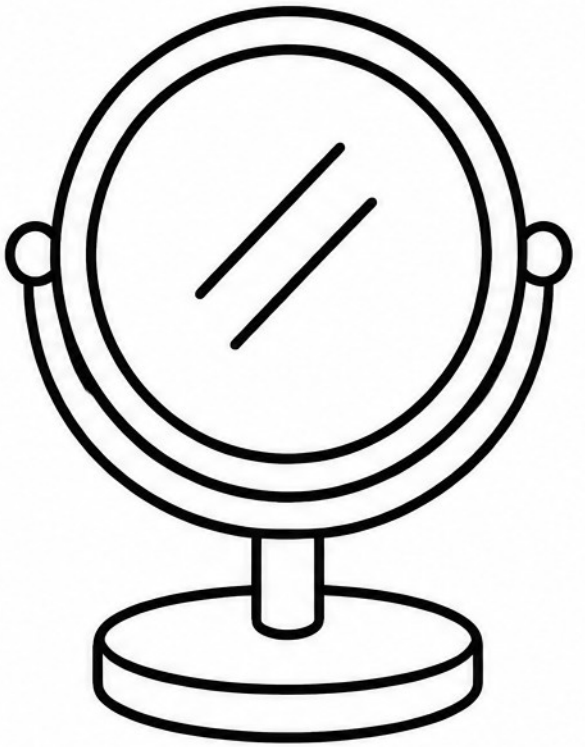
# Everyday Affirmation Tools



Jar

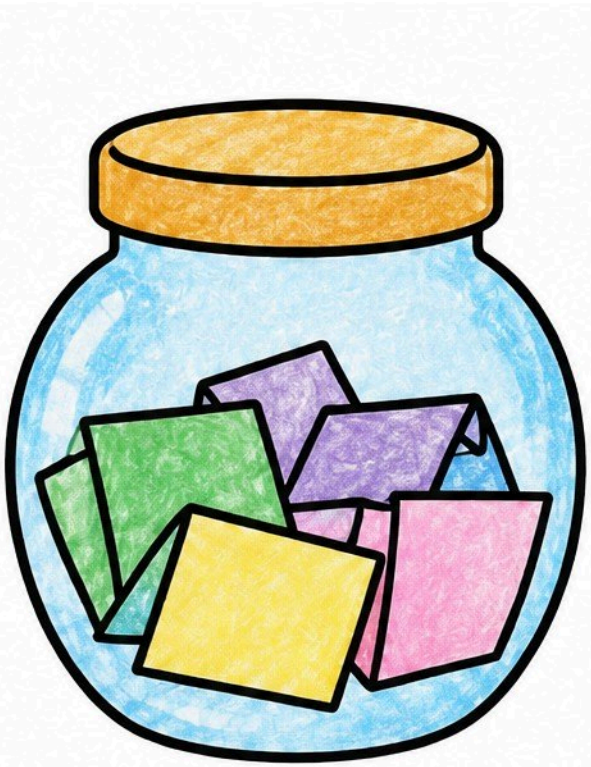


Card

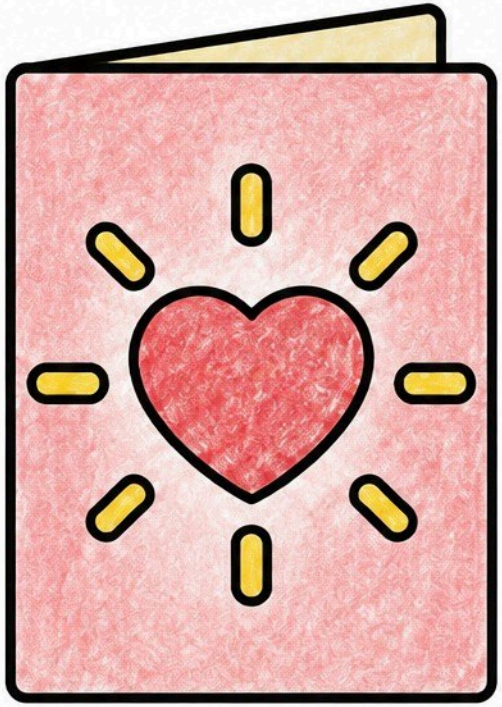


Mirror

# Everyday Affirmation Tools



Jar



Card



Mirror

**Write the missing words. Use the word bank.**

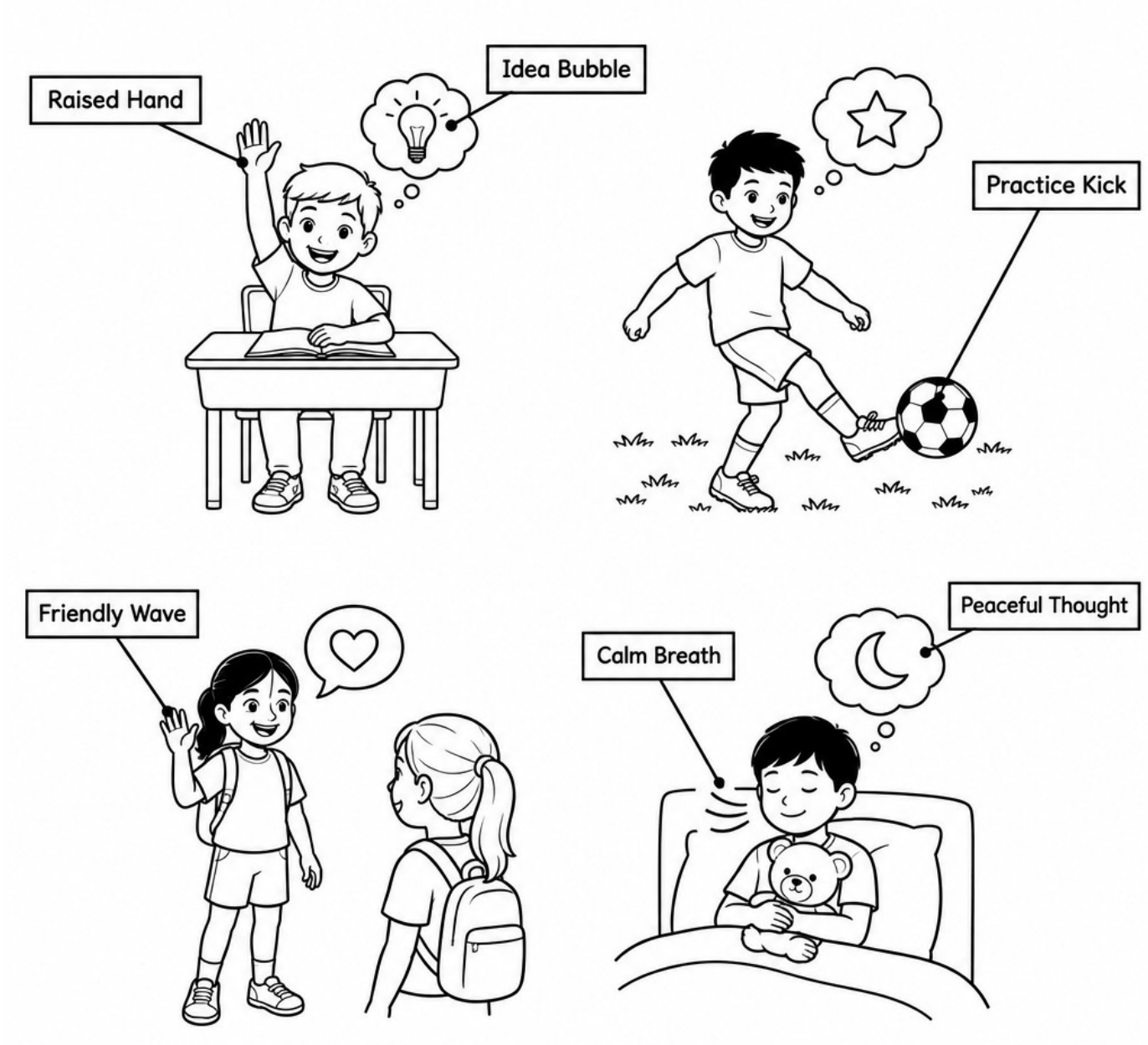
Name _____ Date _____

# Affirmations All Day Long



WORD BANK Calm Breath • Raised Hand • Peaceful Thought • Practice Kick • Idea Bubble • Friendly Wave

# Affirmations All Day Long



# Affirmations All Day Long

