

Affirmation Cards for your Minis.

Print these out as prompts to encourage positive conversations and self love.

QUESTION FOR CHILD

What do you
want to be when
you grow up?

AFFIRMATION TO REPEAT

"I am free to
be myself"

QUESTION FOR CHILD

What is something
that was hard or
challenging that
you tried anyway?
How did that make
you feel?

AFFIRMATION TO REPEAT

"I am strong"

QUESTION FOR CHILD

What is something
that makes you
special or unique?

AFFIRMATION TO REPEAT

"I am free to
be myself"

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QUESTION FOR CHILD

What is something
that was scary or
made you nervous
that you did anyway?
How did that make you
feel once you tried?

AFFIRMATION TO REPEAT

"I am brave"

QUESTION FOR CHILD

What is your
favourite thing
about yourself?
And why?

AFFIRMATION TO REPEAT

**"I am free to
be myself"**

QUESTION FOR CHILD

What is something
that you did (or
can do) today to
be kind/helpful to
somebody else?

AFFIRMATION TO REPEAT

"I am kind"

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