



# POSITIVE AFFIRMATION CARDS



**for Kids**

## With Daily Challenges

### Free Download

it takes time.

something is hard.



I AM A GOOD  
LISTENER  
Look at the person talking  
and listen carefully.



# About this Resource

Positivity Affirmation Cards for Kids are a fun and engaging way to help children build confidence, practise positive thinking, and develop a growth mindset. This printable resource is designed for parents, teachers, social workers, and counsellors who want to support children's emotional wellbeing in a simple and practical way.

Each affirmation card includes a positive statement and a small daily challenge to encourage children to take action. These activities help children improve self-esteem, resilience, kindness, and problem-solving skills. They are also a great tool for teaching mindfulness and encouraging gratitude.

## **How you can use these affirmation cards:**

- At home to boost your child's confidence and encourage positive habits
- In the classroom as part of social-emotional learning activities
- In therapy or counselling sessions to support emotional regulation
- In foster care or adoption settings to help children feel valued and supported

These free printable cards are ideal for children of all ages and can be used daily or as part of a calm-down kit, wellbeing routine, or morning motivation activity. They can also be combined with other printable emotional wellbeing resources which you can download from [FeelingsHelpBox.com](https://www.feelingshelpbox.com) and [SocialWorkersToolbox.com](https://www.socialworkerstoolbox.com).

By using these positive affirmation activities for children, you are helping them develop healthy self-belief, manage emotions, and approach challenges with confidence.

[www.FeelingsHelpBox.com](https://www.feelingshelpbox.com)

SEE OUR WEBSITES FOR MORE **FREE** RESOURCES

**1** [WWW.SOCIALWORKERSTOOLBOX.COM](http://WWW.SOCIALWORKERSTOOLBOX.COM)



**2** [WWW.FEELINGSHelpBOX.COM](http://WWW.FEELINGSHelpBOX.COM)



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AT NO CHARGE BY INDIVIDUALS AND ORGANISATIONS  
FOR THEIR WORK WITH FAMILIES AND/OR TRAINING.



## I AM KIND

Do something nice  
for someone without  
being asked.



## I AM LOVED

Tell someone you love  
them or give them a hug.



## I CAN DO HARD THINGS

Finish something, even  
if it takes time.



## I AM STRONG INSIDE AND OUT

Keep trying when  
something is hard.



## I AM SPECIAL

Draw or say something that makes you special.



## I AM SMART

Share a fact or idea you know with someone.



## I MAKE GOOD CHOICES

Choose something that is good for you or for others.



## I RESPECT MYSELF

Use kind words when you talk about yourself.



## I AM HELPFUL

Help someone with a job  
or task.



## I AM CREATIVE

Make or draw something  
new today.



## I AM A GOOD FRIEND

Ask a friend how  
they are feeling.



## I AM UNIQUE

Show someone a skill or  
talent that is just yours.





## I CAN SHINE

Give your biggest smile to  
three people today.



## I CAN MAKE A DIFFERENCE

Do something that helps  
your family, school, or  
community.



## I AM A GOOD LISTENER

Look at the person talking  
and listen carefully.



## I LOOK AFTER NATURE

Water a plant, feed an  
animal, or pick up litter.



## I AM ENOUGH

Say one thing you like  
about yourself.



## I LOOK AFTER MY BODY

Eat something healthy or  
play in an active way.



## I AM BRAVE

Try something new, even  
if it feels a bit scary.



## I LEARN MORE EVERYDAY

Tell someone one thing  
you learnt today.





## I BELIEVE IN MYSELF

Try something you have  
been worried about doing.



## I AM PROUD OF MYSELF

Tell someone about  
something you did well  
today.



## I AM GENTLE

Be soft and careful with  
an animal, plant, or toy.



## I AM CONFIDENT

Speak clearly when you  
share an idea.



# I CAN TRY AGAIN

If something does not  
work, try one more time.



# I AM THANKFUL

Say three things you are  
happy to have.



# I AM PATIENT

Wait your turn  
patiently.



# I AM CURIOUS

Ask a question to learn  
something new.



## I AM JOYFUL

Do something that makes  
you smile or laugh.



## I AM CAPABLE

Help with something that  
is a little tricky.



## I AM PEACEFUL

Take three slow breaths to  
feel calm.



## I AM GROWING

Learn or practise  
something new.





## I AM CARING

Ask someone if they need help and help them if you can.



## I AM ADVENTUROUS

Try a new place, food, or game.



## I AM RESPONSIBLE

Put your things away when you finish using them.



## I AM A PROBLEM SOLVER

Think of two ways to fix a small problem.



## I AM SAFE

Remember a safe place or safe person you can go to.



## I BRING HAPPINESS TO OTHERS

Tell someone a joke or say something nice to them.



## I ENJOY DISCOVERING NEW THINGS

Try a new food, game, or fact today.



## I WORK WELL WITH OTHERS

Help a group or friend do something together.

