

POSITIVE AFFIRMATION CARDS Kids

With Daily Challenges





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 and 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

SEE OUR WEBSITES FOR MORE FREE RESOURCES

1 www.socialworkerstoolbox.com

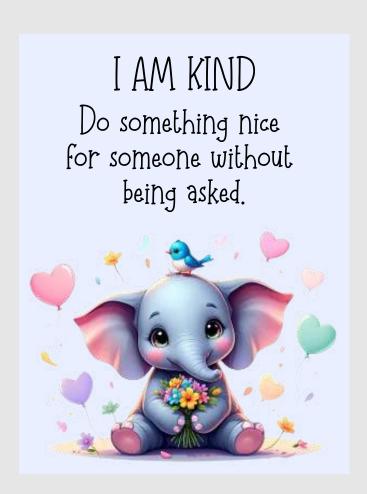


2 www.feelingshelpbox.com

Free Emotions & Feelings Resources

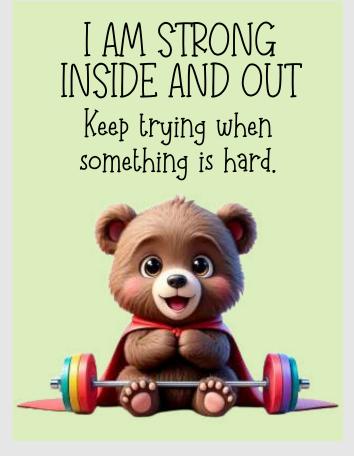


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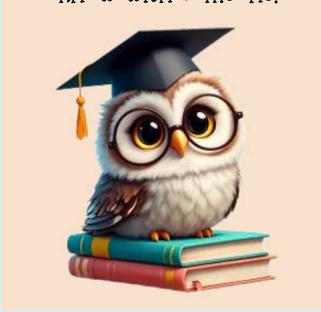
I AM SPECIAL

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 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.

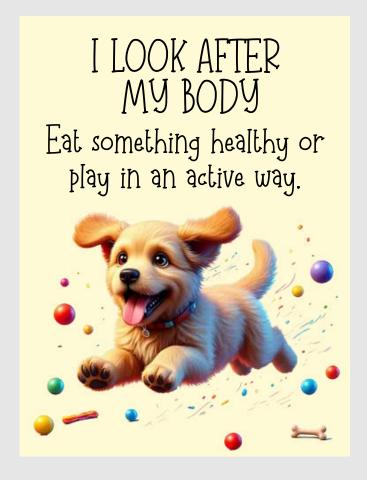


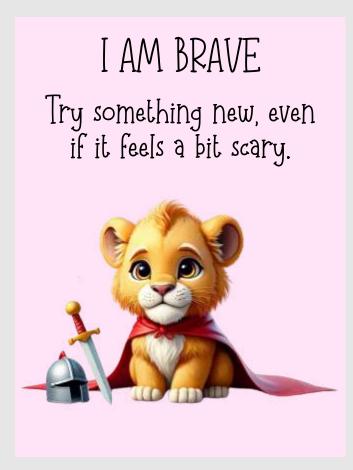
I LOOK AFTER NATURE

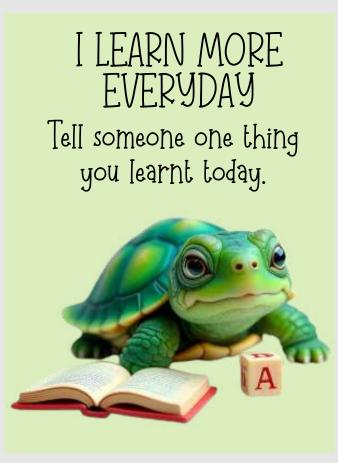
Water a plant, feed an animal, or pick up litter.



I AM ENOUGH Say one thing you like about yourself.







I 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.



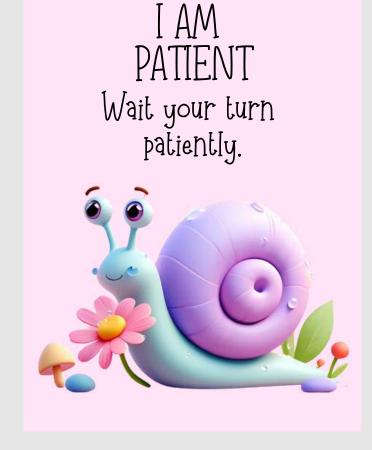
I AM CONFIDENT

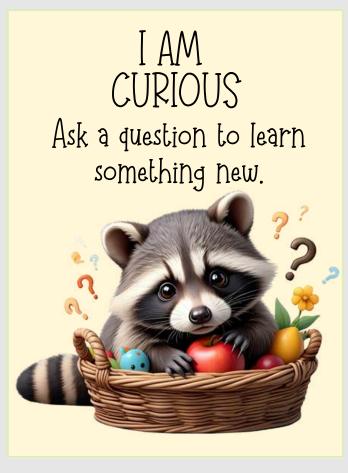
Speak clearly when you share an idea.



I CAN TRY AGAIN If something does not work, try one more time.







I AM 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

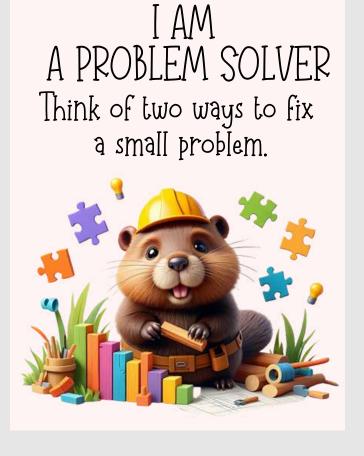
Learn or practise something new.



I AM CARING Ask someone if they need help and help them if you can.







I AM 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.

