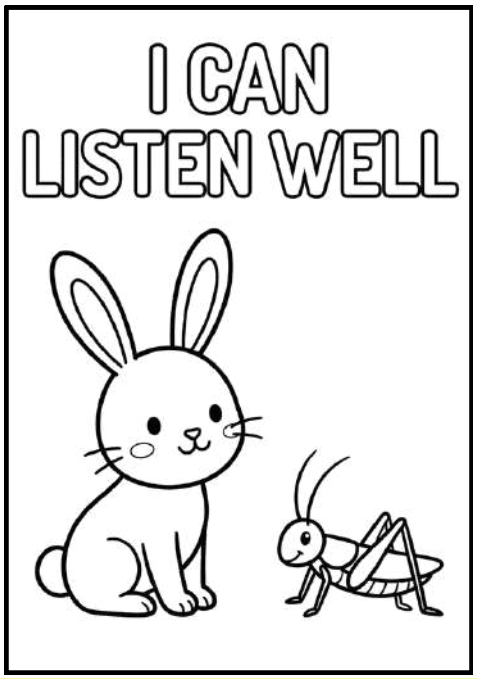

Positive Affirmations Colouring Sheets for Young Children

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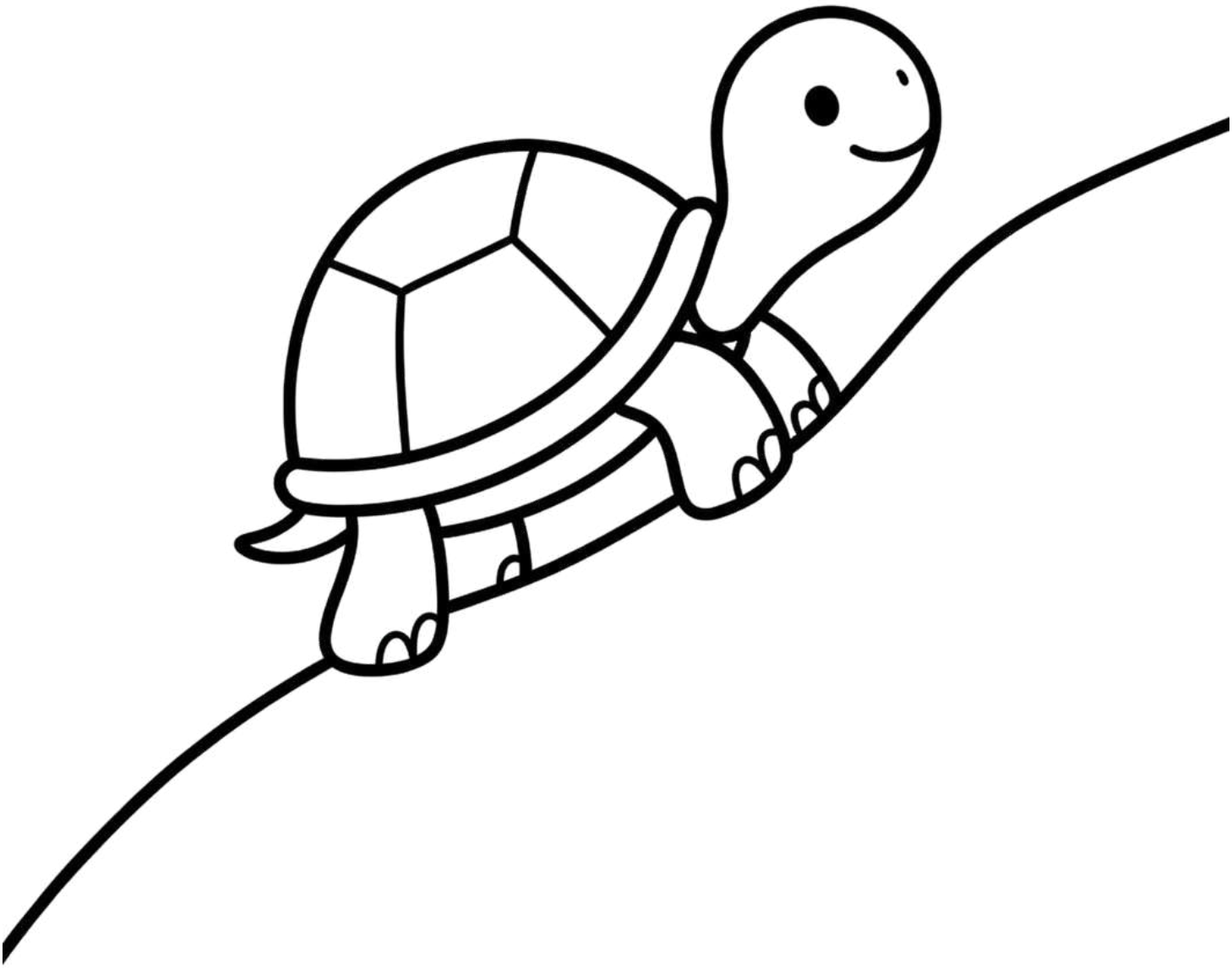
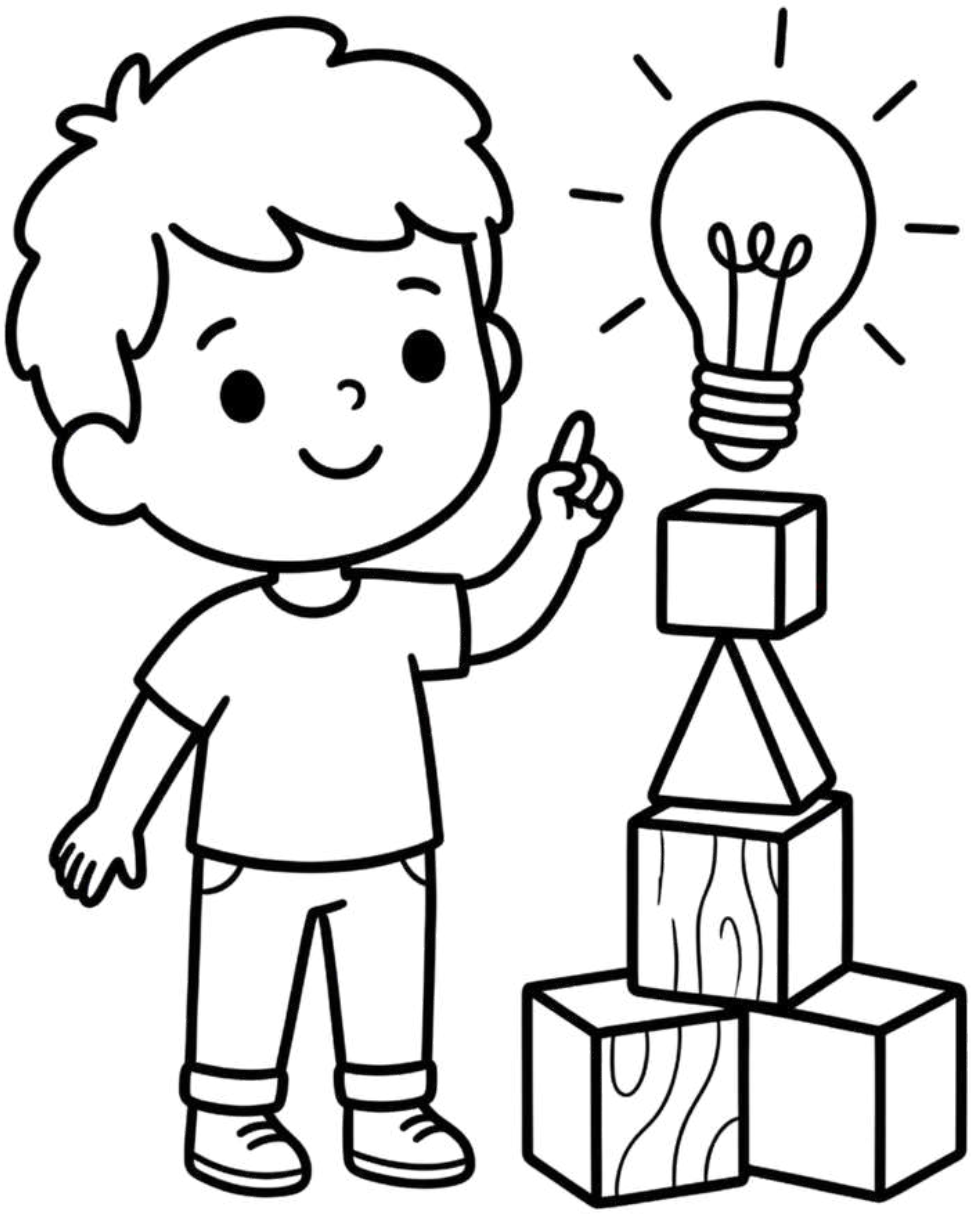
I AM KIND

I CAN TRY MY BEST

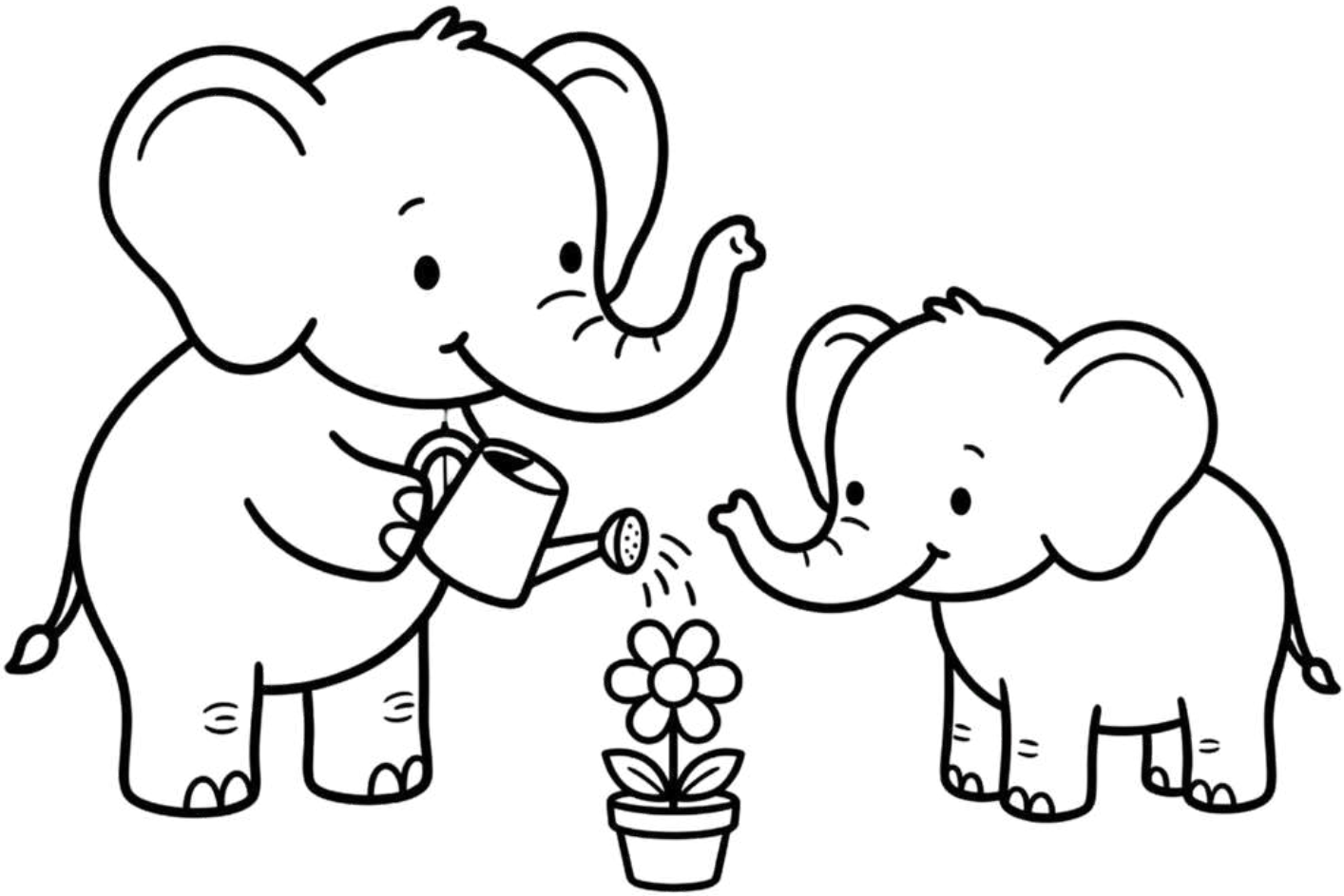


I AM BRAVE

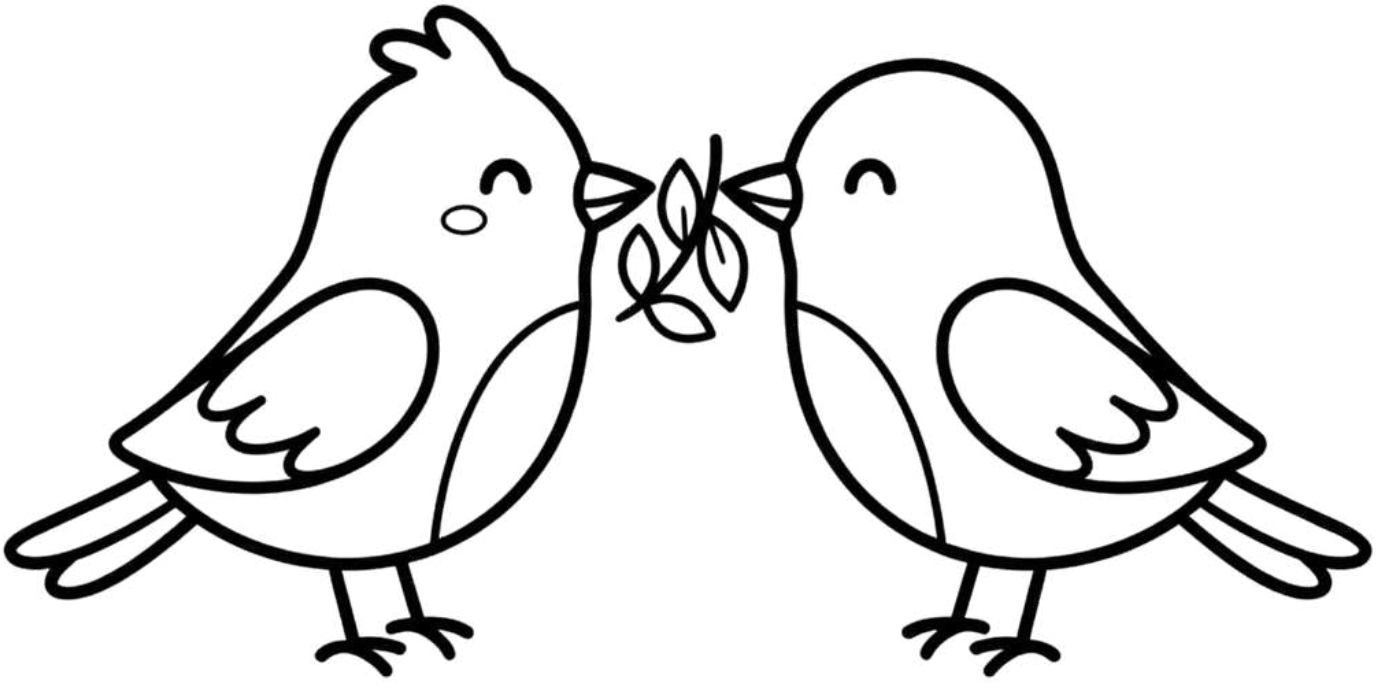
I CAN SOLVE PROBLEMS



I AM HELPFUL



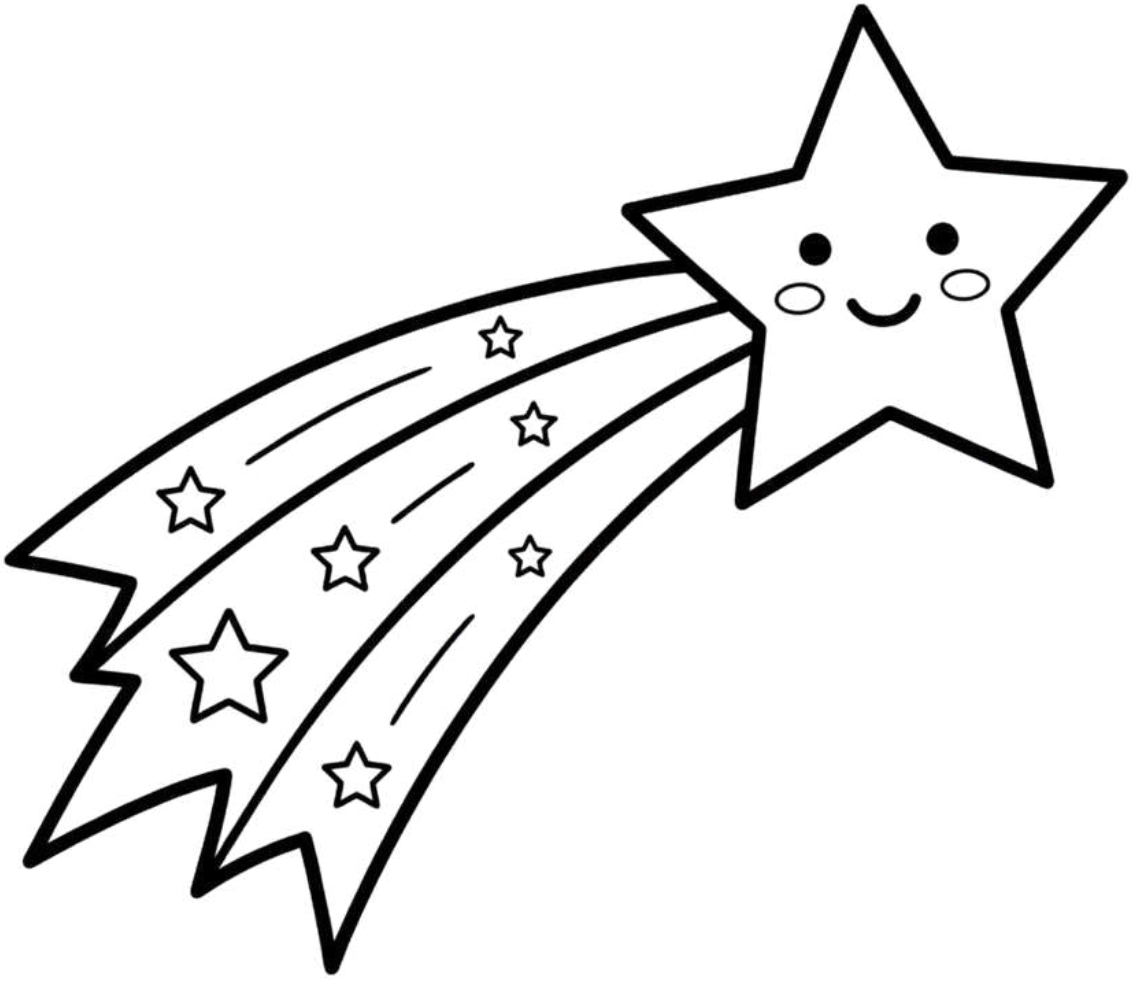
I AM A GOOD FRIEND



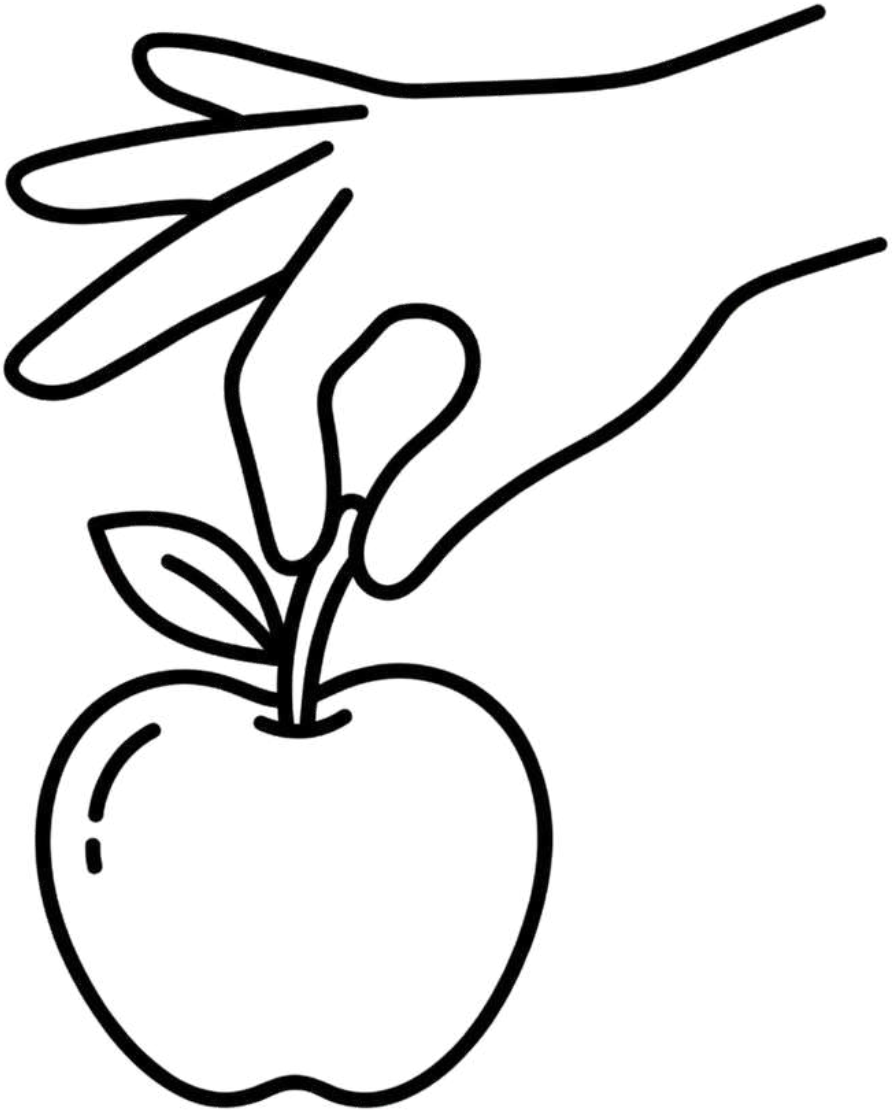
I CAN STAY CALM

I AM LOVED

I BELIEVE IN MYSELF

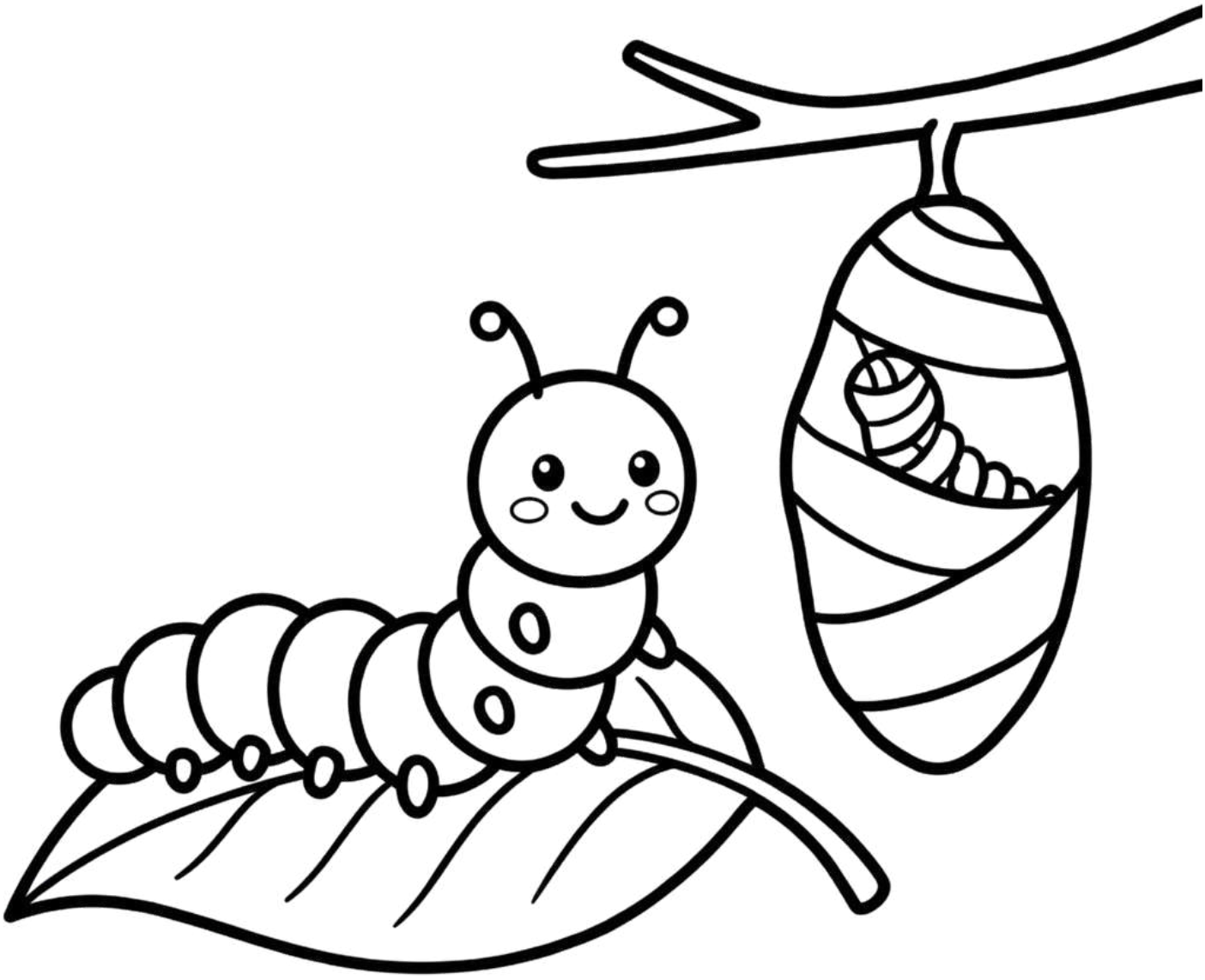


I CAN MAKE GOOD CHOICES



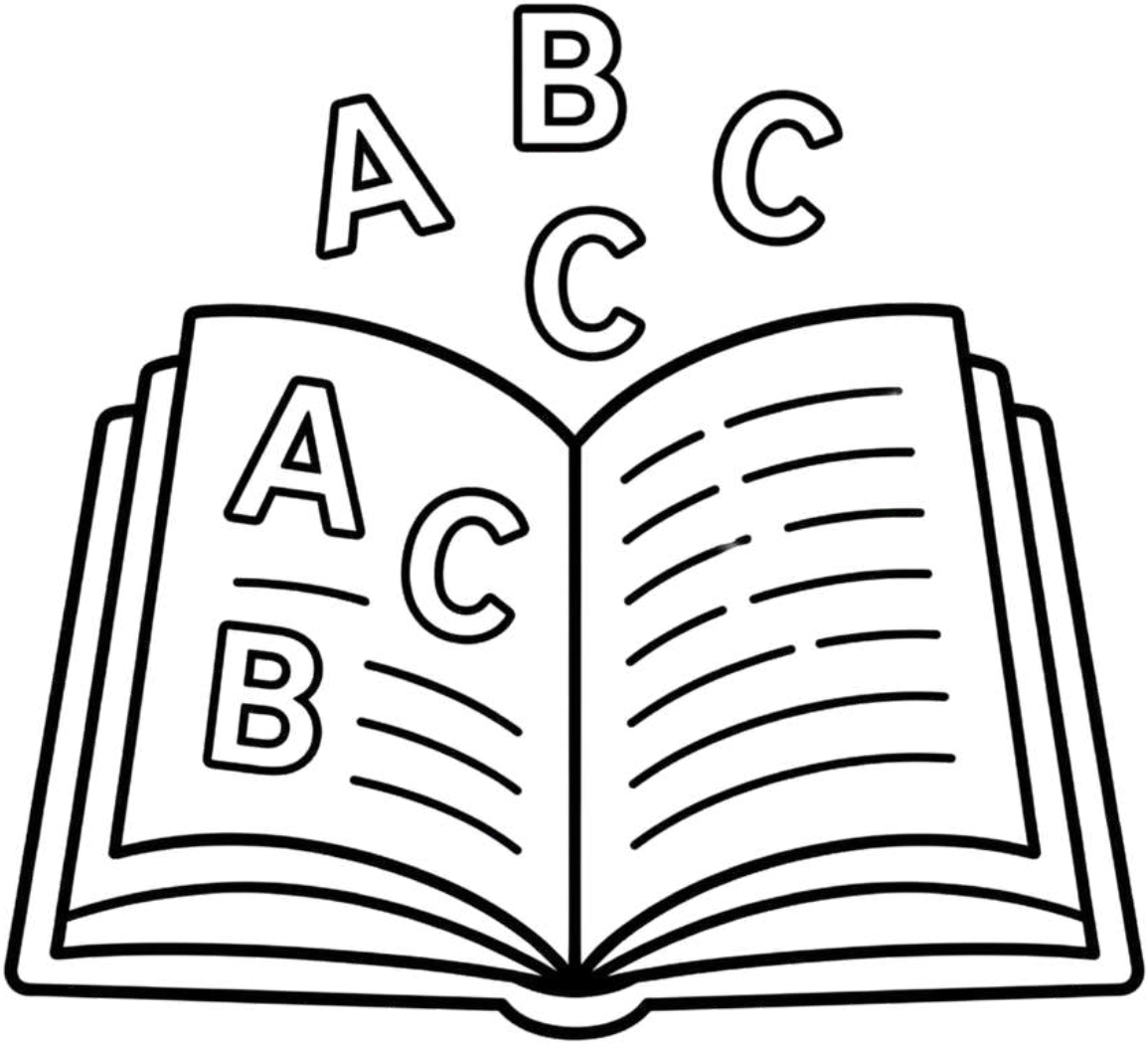
I CAN KEEP GOING

I AM PATIENT

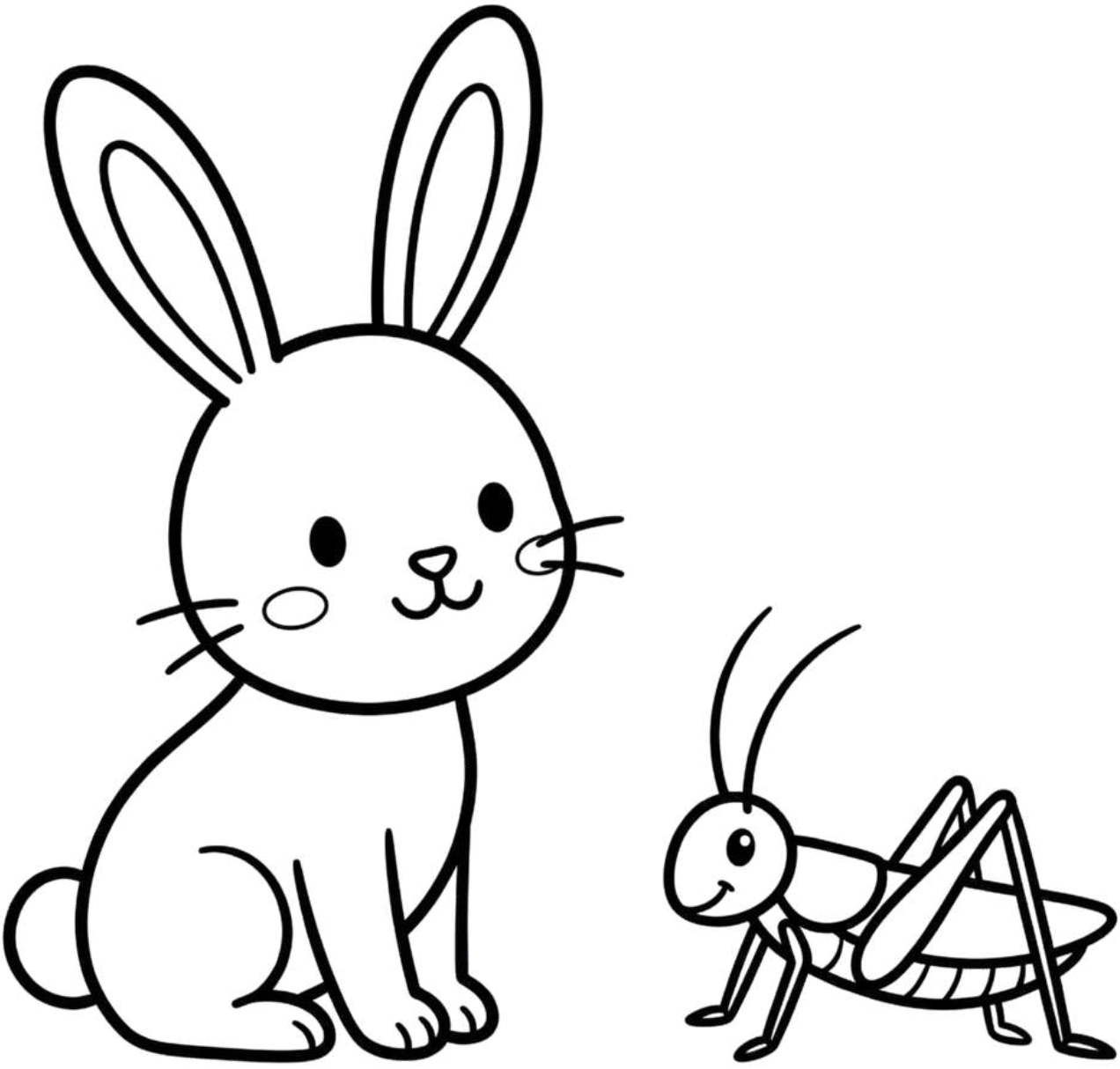


I AM STRONG

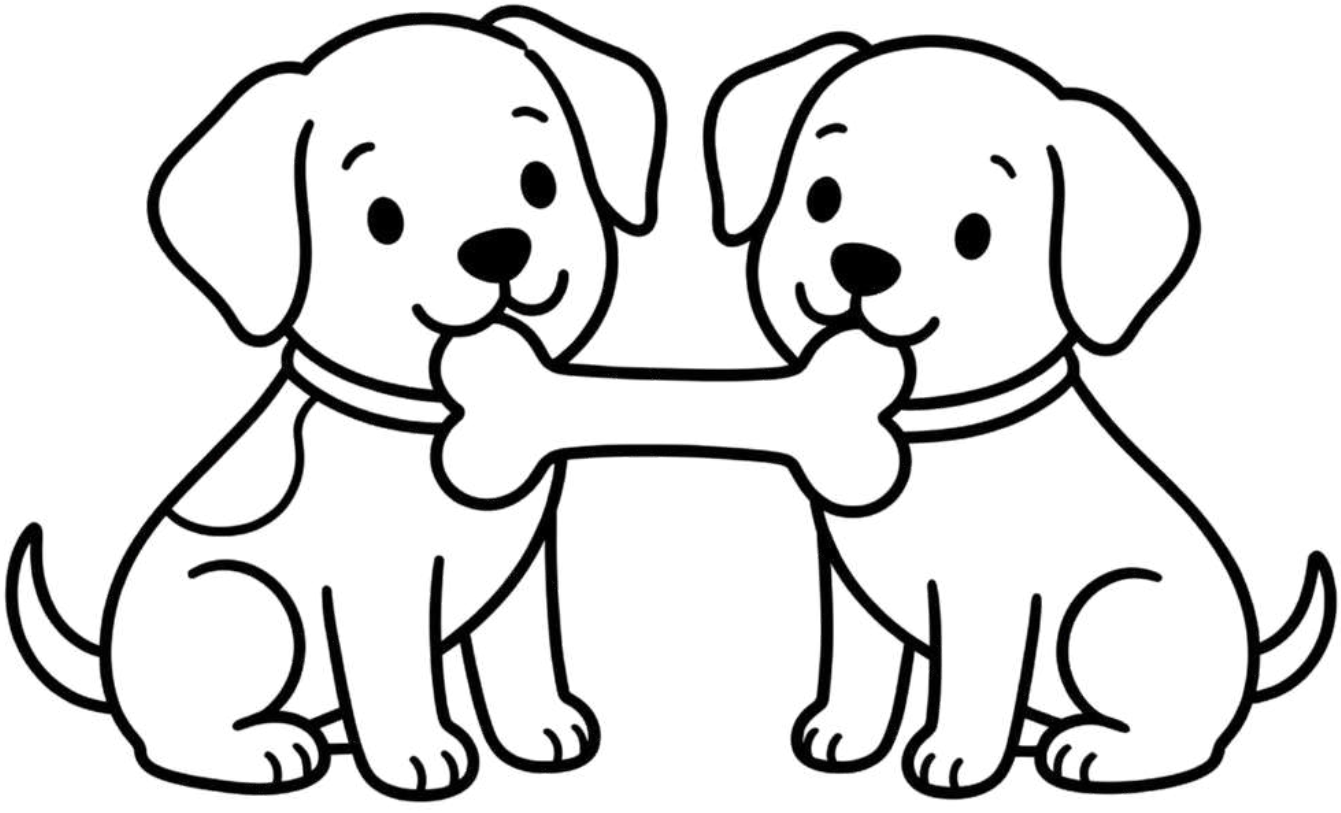
I CAN LEARN NEW THINGS



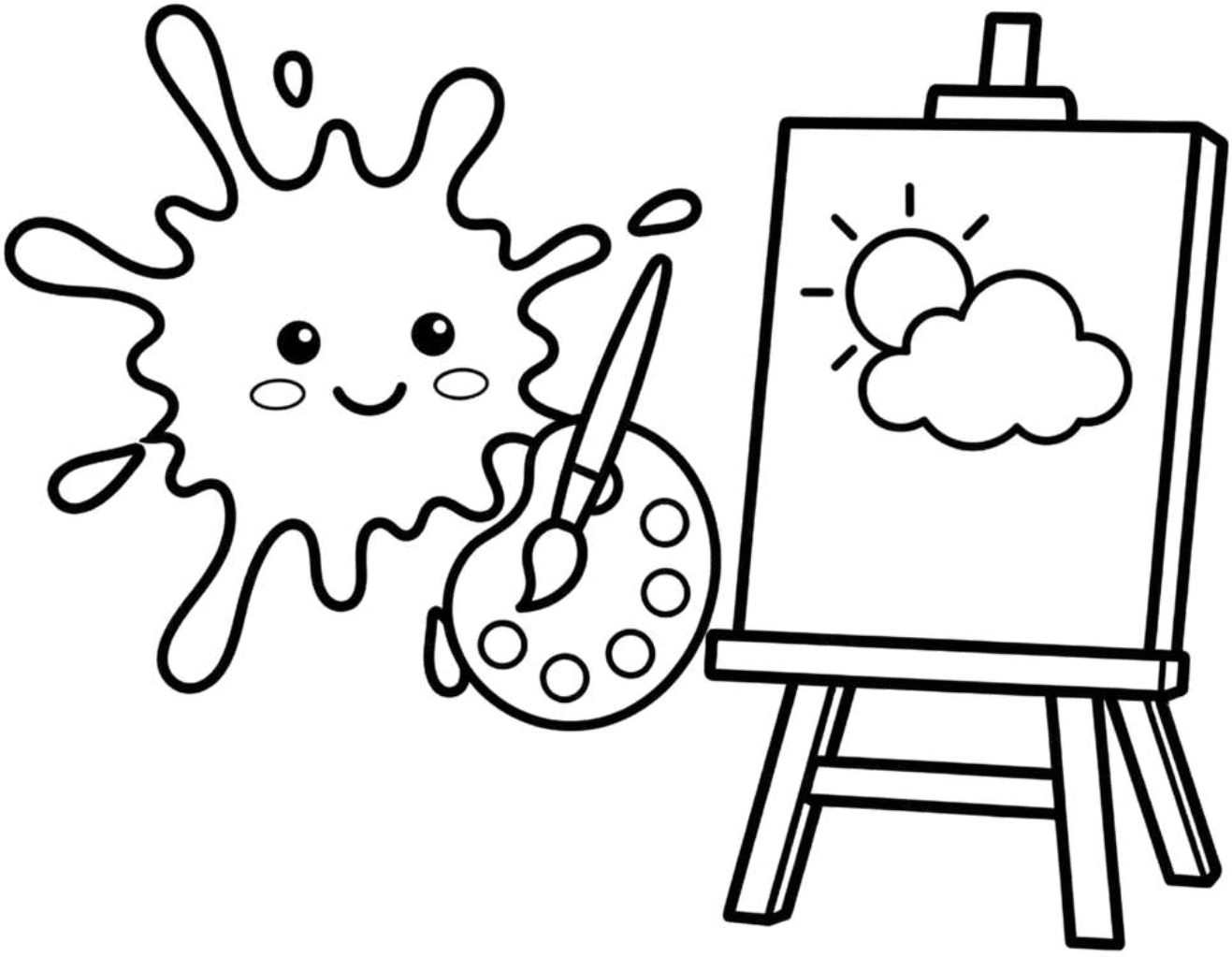
I CAN LISTEN WELL



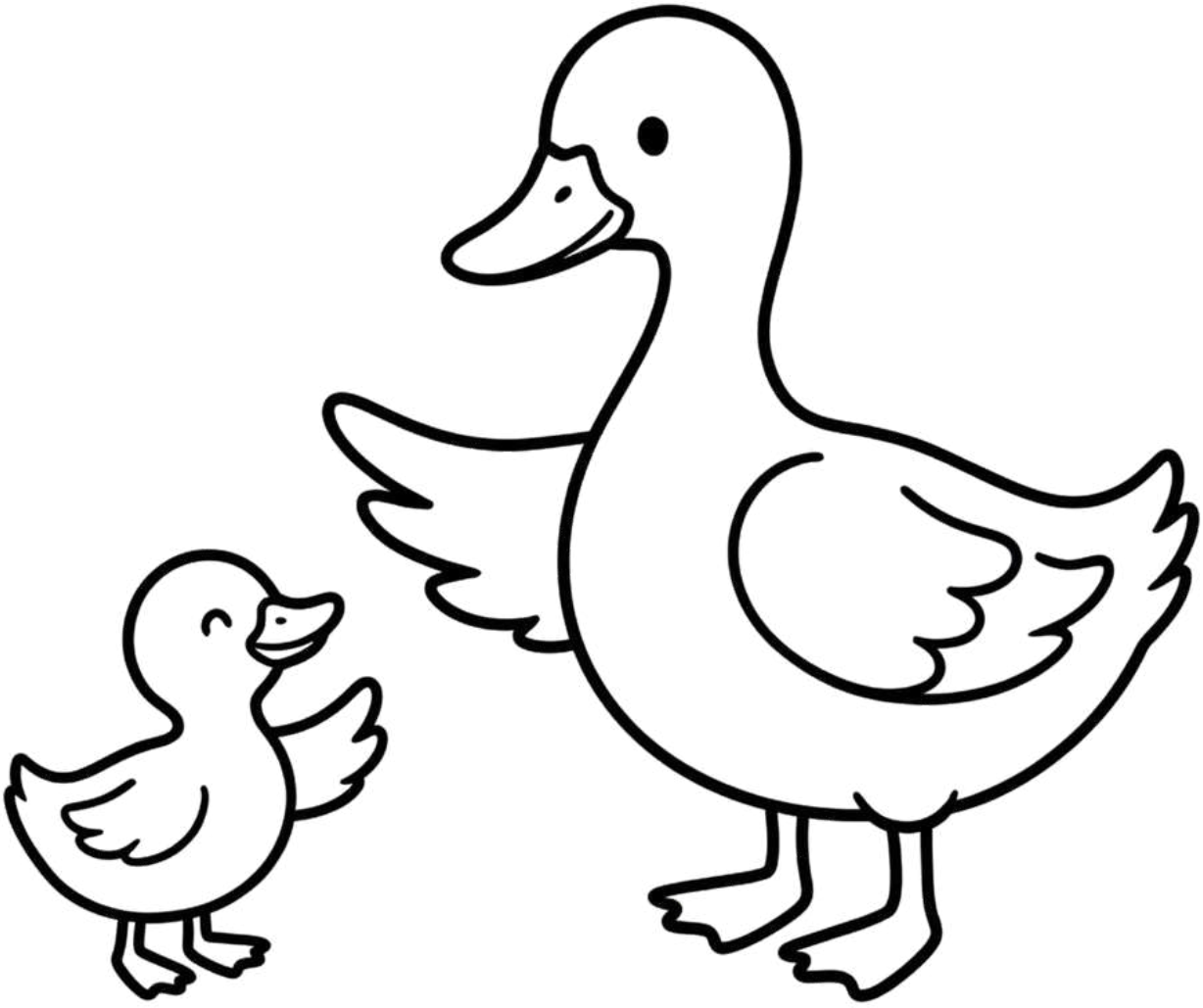
I CAN SHARE



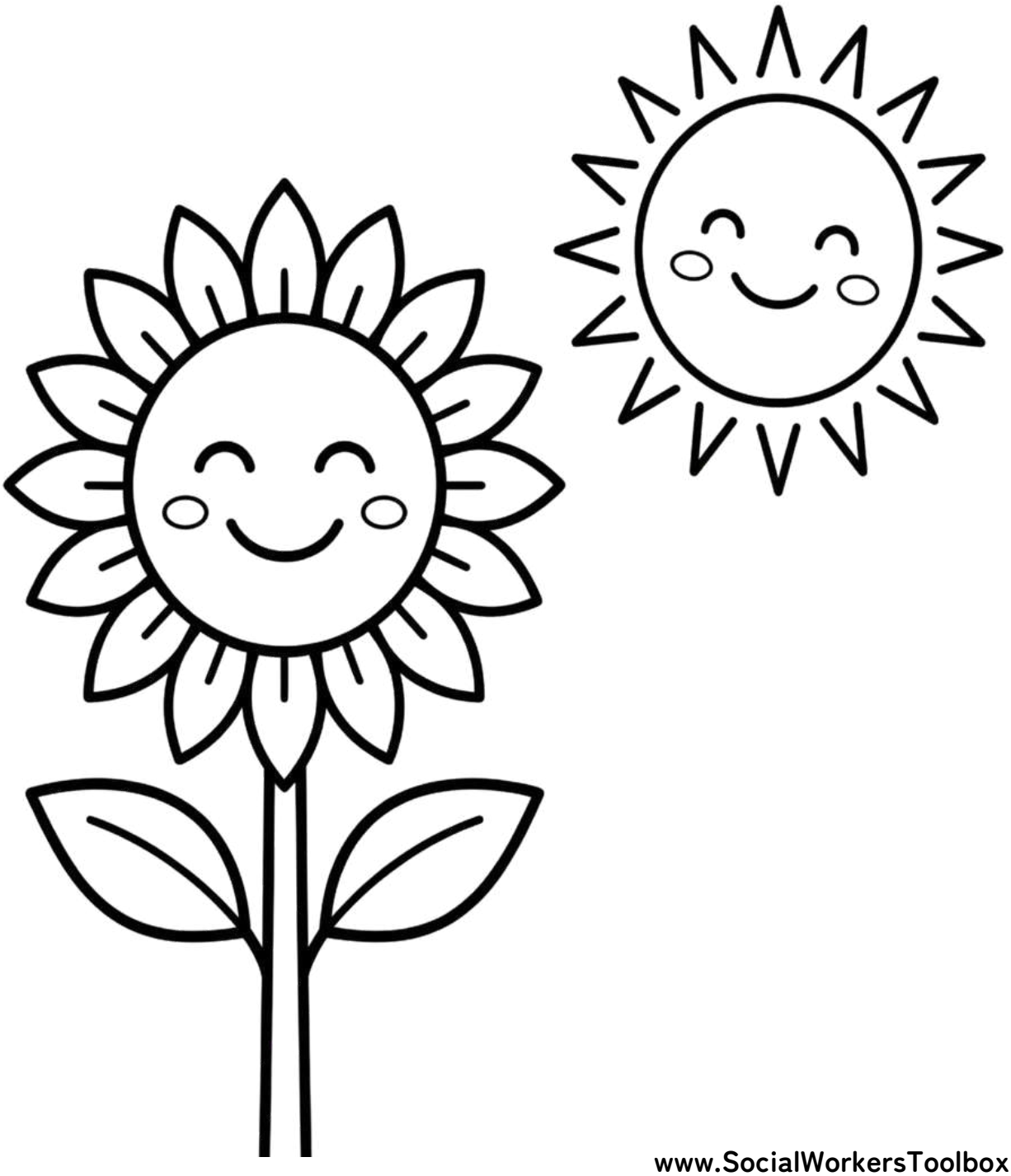
I AM CREATIVE



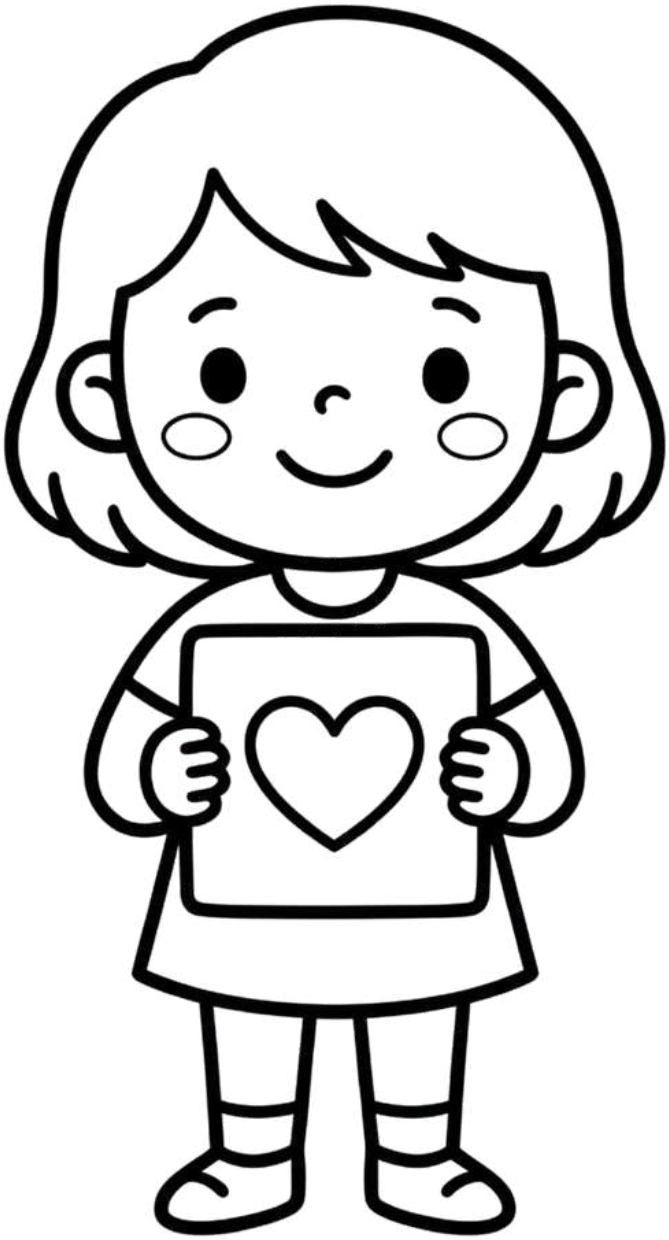
I CAN ASK FOR HELP



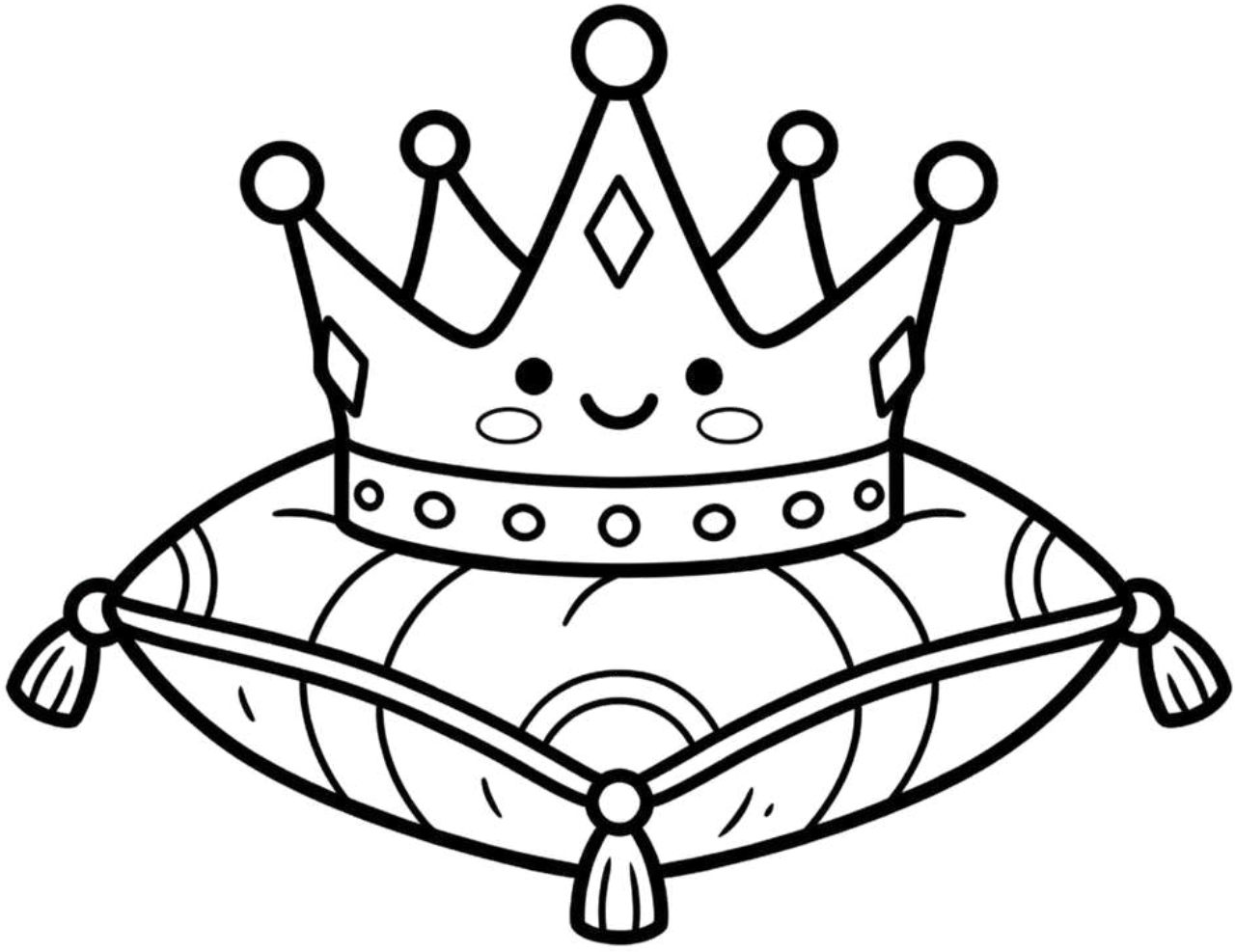
I CAN STAY POSITIVE



I AM THOUGHTFUL



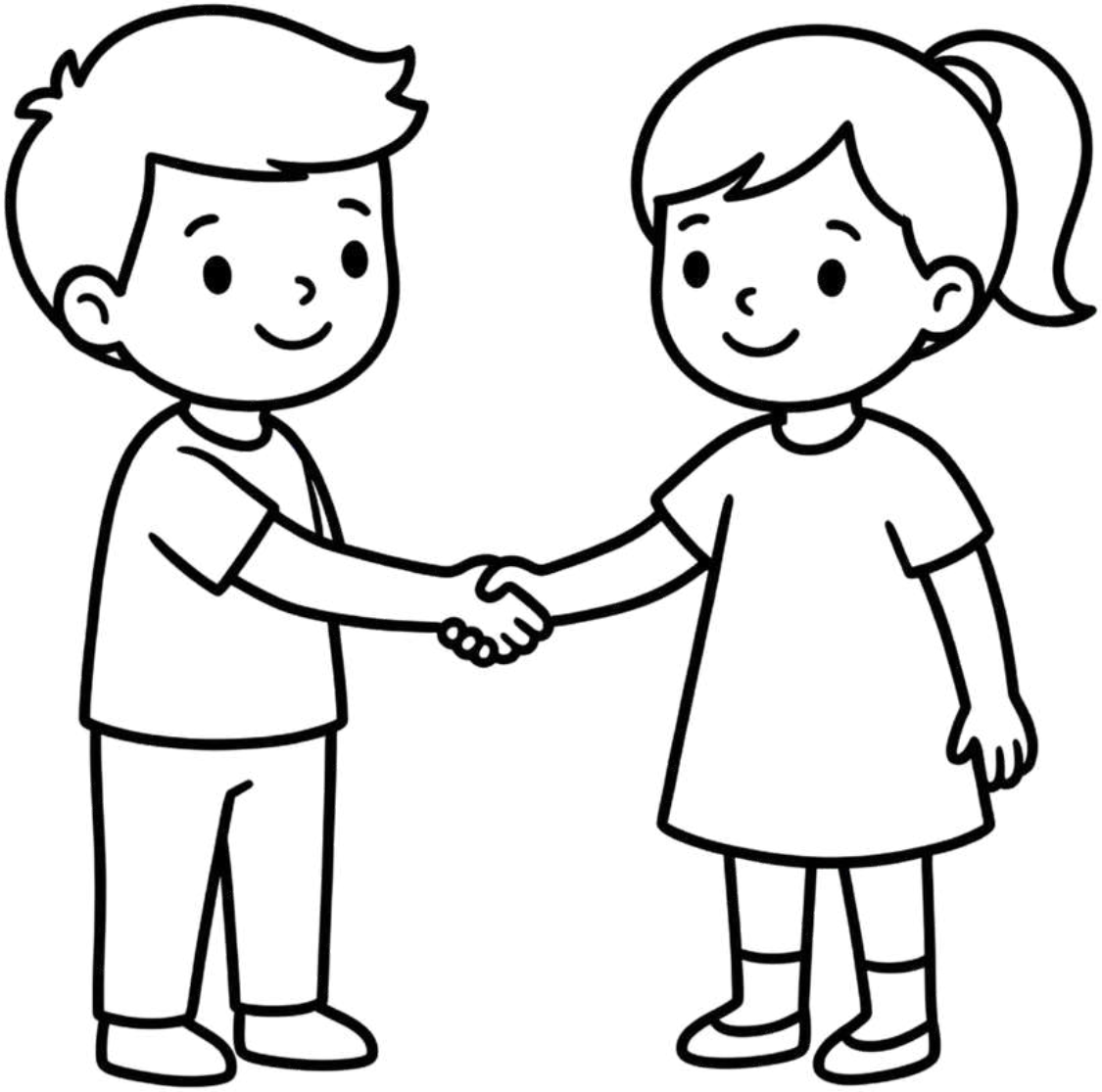
I AM IMPORTANT



I CAN DO HARD THINGS

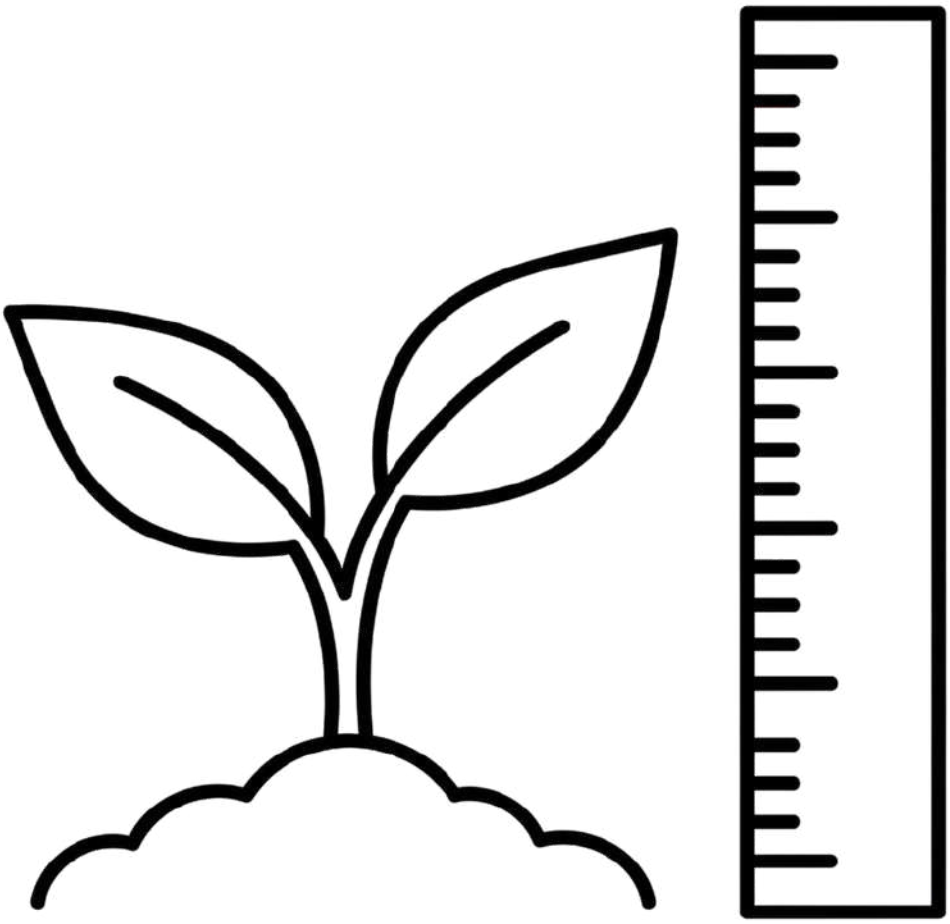
I AM GENTLE

I AM RESPECTFUL



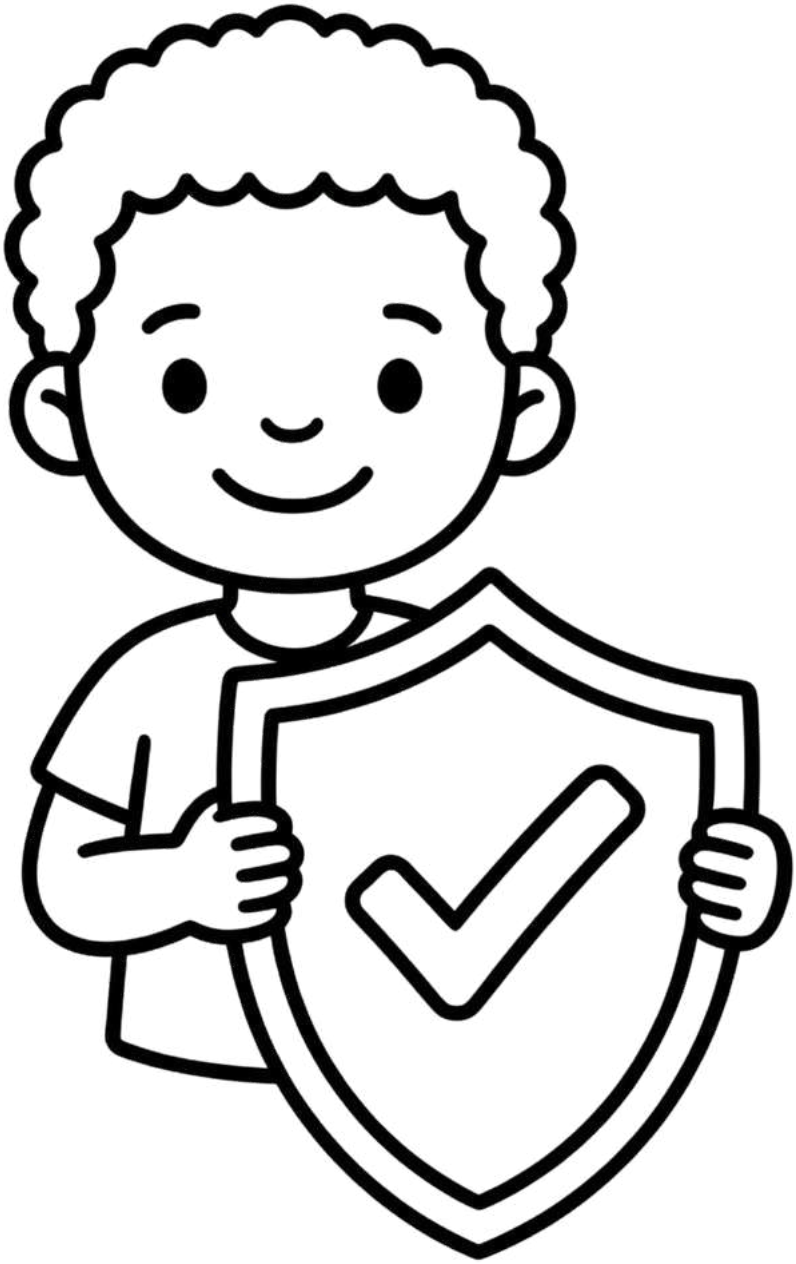
I CAN TRY AGAIN

I AM GROWING

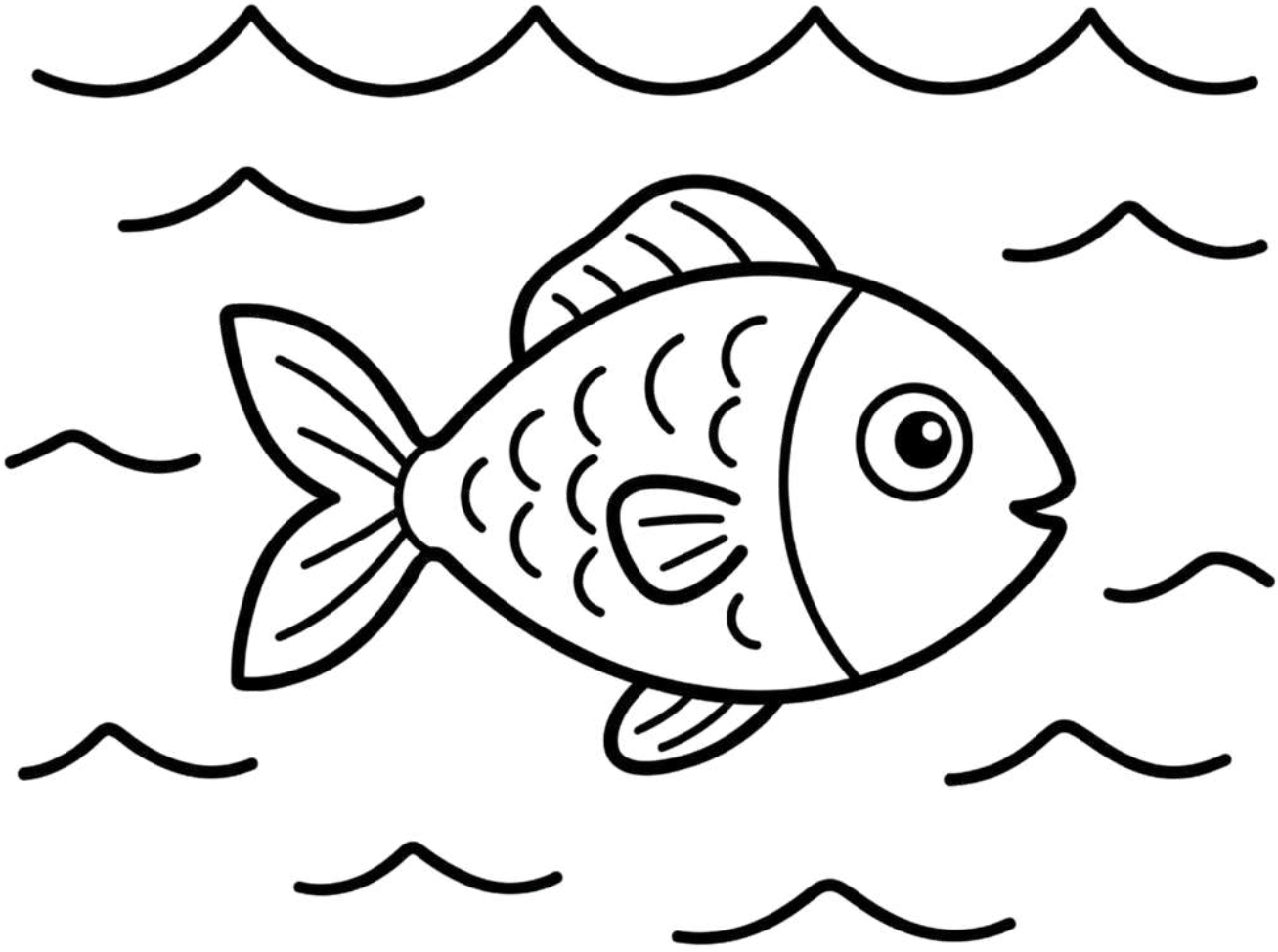


I CAN BE SAFE

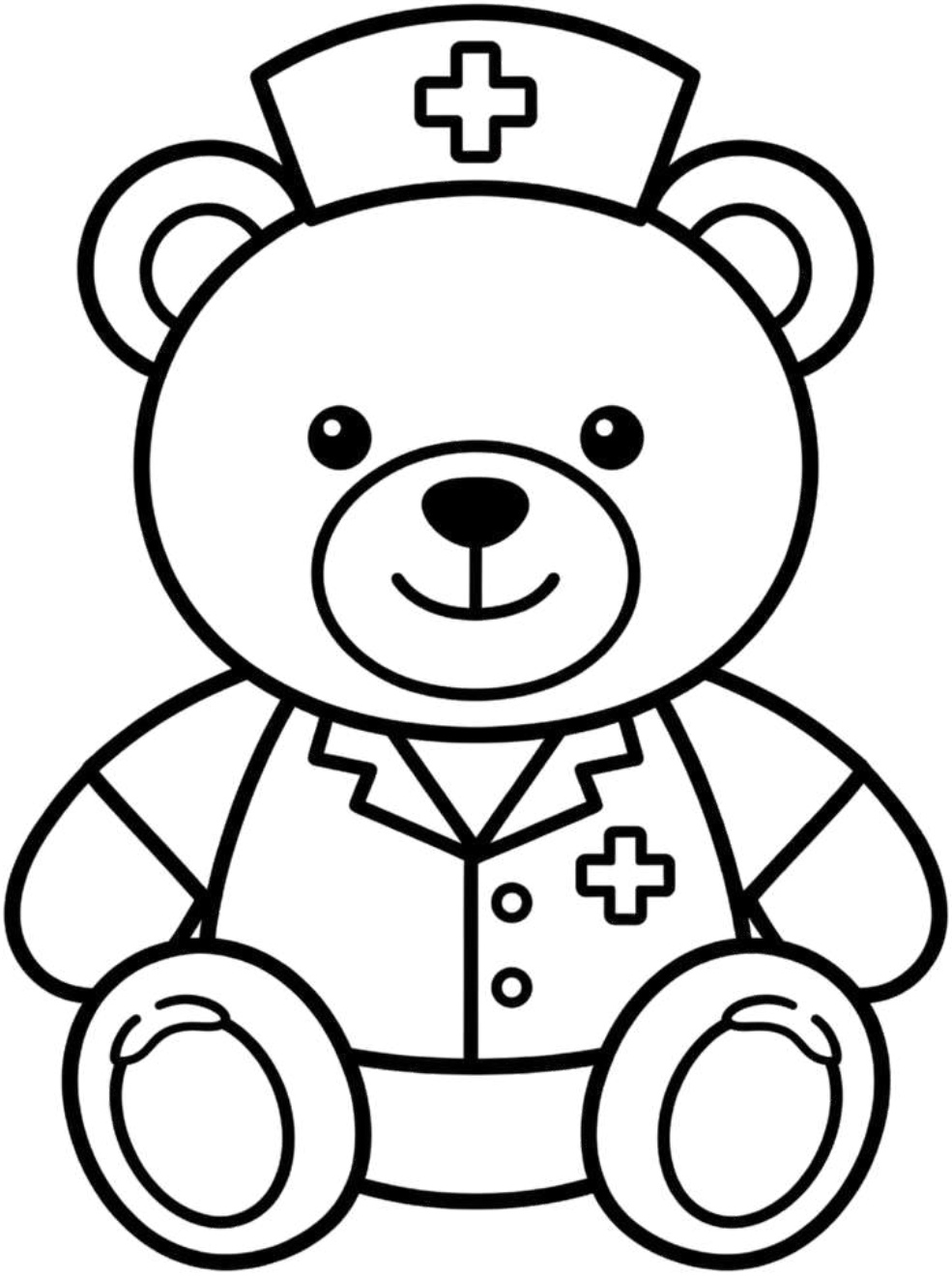
I AM HONEST



I CAN KEEP TRYING



I CAN CARE FOR OTHERS



I AM PROUD OF MYSELF

About this Resource

This free set of Positive Affirmations Colouring Sheets for Young Children is a child friendly, printable PDF that helps children, kids and young people build confidence, emotional wellbeing and a healthy sense of themselves. Affirmations are short, positive statements that support children to notice their strengths, believe in their abilities and feel calmer and more hopeful when things are difficult. When children colour these messages and read them back, they slowly begin to take in the meaning, which strengthens resilience and positive behaviour.

he PDF includes 30 colouring pages, each with an affirmation and a warm illustration that helps children understand the message. The affirmations link to everyday skills such as trying again, asking for help, solving problems, staying calm, being kind, being patient, making good choices, listening well, showing bravery, sharing and enjoying creativity. The pictures make the ideas easy for children to recognise and practise in daily life.

These sheets are suitable for parents, carers, teachers, early years practitioners, pastoral teams, learning mentors, wellbeing practitioners, SEN staff, social workers, counsellors, play therapists and other professionals who support children's emotional development. They can be used in nurseries, primary classrooms, nurture groups, wellbeing sessions, therapy and direct work, home routines or calm corners. Colouring helps children slow down and feel settled, while the affirmations help build self esteem, emotional awareness and a positive mindset.

This downloadable PDF is helpful for anyone looking for wellbeing activities for children, confidence building resources, emotional literacy tools, early years mental health printables or simple worksheets that encourage positive self talk and healthy coping skills.

Cards included:

- I can try my best
- I am brave
- I can solve problems
- I am helpful
- I am a good friend
- I can stay calm
- I am loved
- I believe in myself
- I can make good choices
- I can keep going
- I am patient
- I am strong
- I can learn new things
- I can listen well
- I can share
- I am creative
- I can ask for help
- I can stay positive
- I am thoughtful
- I am important
- I can do hard things
- I am gentle
- I am respectful
- I can try again
- I am friendly
- I can be honest
- I am proud of myself
- I can try new things
- I am caring
- I can be confident
- I am unique