

Superhero Positive Affirmations Activity

What you'll need:

- Positive affirmation checklist
- Pen or pencil

Directions:

1. Print out the positive affirmation checklist or refer to it on computer screen
2. After completing your daily exercises for your Superhero Training Gross Motor Checklist, choose two affirmations from the list and say out loud.
3. When each affirmation is completed, check it off the list.
4. By Friday, the entire list should be completed.

Ways to increase difficulty:

- Have your child come up with one of their own affirmations each day

Activity found at:

<https://www.istockphoto.com/search/2/image?mediatype=illustration&phrase=superhero+kid>
<https://domesticengineermom.com/affirmations-every-child-needs-to-hear/>

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I am brave

I love myself

I am honest

I am smart

I care about others

I am creative

I am respectful

I am thoughtful

I am kind

I share with others