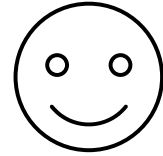


## Jar of Positivity

This is an activity that aims to boost your child's self-esteem and feelings of self-worth. It involves the use of encouraging statements, known as affirmations, which are a powerful way to help children develop a mindset of positivity about themselves.



1. Firstly, find a jar or container and invite your child to decorate it, using stickers, sticky paper, whatever you can find that would stick on and is colourful and bright!

2. You could then help your child to write down lots of positive statements that apply to them. There are some examples below that you could use, or alternatively there are some blank spaces on the next page that you and your child could write your own positive statements on.

I am funny.	I am a good friend.
I am kind.	My mistakes help me learn and grow.
I am creative.	I am perfect just as I am.
Every day is a fresh start!	I am a great kid!
I am loved.	I am a friendly person.
It's okay to not know everything.	I am beautiful inside and out.

I reach for the stars!	I am proud of myself!
I have great ideas!	I am important.
My challenges help me to grow.	I have courage and confidence.

Now, cut up the affirmations and put them in the jar. When your child needs a boost of positivity, they could pull some out of the jar and you could read them together!

Have fun!



Here are some blank ones if you would like to write your own positive statements with your child.
