

# Affirmation Jar

**Time: 10 minutes**

**Objective: To provide an opportunity to enhance self-esteem and foster self-expression through the use of positive affirmations and positive self-talk**

**Materials: One mason-jar, pens, paper**



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## What are positive affirmations?

Positive affirmations are positive "I am" statements (example: I am kind, I am smart) that are used to challenge negative or unhelpful thoughts. Just like we do repetitive exercises to improve our physical health, affirmations are exercises for our mind and outlook. These positive mental repetitions can reprogram our thinking patterns so that, over time, we begin to think - and act differently. Practicing positive affirmations can be extremely simple, and all you need to do is pick a phrase and repeat it to yourself. You may choose to use a positive affirmation to motivate yourself, encourage positive changes in your life, or boost your self-esteem!

## How to do it

1. Give your child(ren) a brief overview of what positive affirmations are and why positive self-talk is important. Reinforce that affirmations could even be neutral affirmations, like "it is going to be okay" can also be put in the jar on days that you don't feel great.
2. Ask your child(ren) to write down a positive or neutral affirmation on a piece of paper and place it in the mason-jar.
3. Read each of the positive affirmations at the end of the week.
4. Debrief at the end of the week: discuss how positive self-talk can enhance our self-esteem, but also reinforce that it's okay to not feel great all the time.