

Positive Self Talk and Affirmations – why it is important!

Positive self-talk is important because it can significantly impact our thoughts, emotions, and actions. When we use positive statements and affirmations, we can boost our self-confidence, motivation, and resilience. Positive self-talk helps us challenge negative thoughts and beliefs, replace them with more empowering ones, and cultivate a positive mindset. It can improve our overall well-being, enhance our problem-solving skills, and increase our ability to cope with challenges. By practicing positive self-talk, we can cultivate a more optimistic and supportive inner dialogue, leading to improved self-esteem and a greater sense of self-worth.

Examples of positive affirmations for kids

Although all these phrases can be a powerful ‘thought changing’ tool for anyone, here are some age specific examples you can teach your students:

Positive self-talk for primary students involves using encouraging and supportive words to boost confidence and motivation. It can include phrases like:

- "I can do this!"
- "I'll keep trying my best."
- "Mistakes help me learn."
- "I believe in myself."
- "I'm proud of my effort."
- "I'll keep practicing and improving."
- "I'm a good friend."
- "I'm kind and helpful to others."
- "I have great ideas."

Positive affirmations for Intermediate students can be simple and empowering. Here are some ideas:

1. I am capable of learning and growing.
2. I can try my best and be proud of my effort.
3. I am a good friend and treat others with kindness.
4. I believe in myself and my abilities.
5. I can learn from my mistakes and keep improving.
6. I have unique talents and strengths.
7. I can solve problems by thinking creatively.

8. I am important and my ideas matter.
9. I can make a positive difference in the world.
10. I am brave and can face challenges with courage.

These affirmations can help students develop a positive mindset, build self-confidence, and foster a belief in their own abilities. Encouraging them to repeat these affirmations regularly can reinforce positive self-talk and support their overall well-being. By using positive self-talk, children can develop a positive mindset, build resilience, and approach challenges with confidence and optimism. It's important for parents and teachers to model and reinforce positive self-talk to help children develop a healthy self-image and belief in their abilities.

Remember – your thoughts affect your feelings and by changing your thoughts, you can change how you feel!!