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Click here to download the Affirmation cards NOW! The Importance of Affirmations Cards A lot of the emotional baggage we carry as adults is due to our conditioning and beliefs we created when we were children. How many times as a child did you hear an adult say to you — “Do this!” “Don’t do That!” “Why are you not listening to me!” “What you did was wrong!” “You are silly”. These messages can start creating false beliefs and self-doubt. While as adults now, we look for ways to help remove that emotional baggage, how about starting with a better way forward in our children. Affirmation cards are a great way to overcome self-doubt and help children to start thinking more positively. They can help children to change their thinking patterns from negative to positive. This in turn helps build confidence as they grow and mature as adults. Top 10 Tips To Use Affirmation Cards: 1. Let your child pick up a random affirmation card such as “I am unique and special” or “I have many gifts and talents” or “I can do it”. Repeat the affirmation card everyday for about 3 weeks. 2. Repeat the affirmation 5 – 10 times. When repeating the affirmations, it should be in a positive way rather than in way where its hard to believe. 3. The best time to repeat the affirmations are first thing in the morning; this will start the day of on a positive note and just before going to sleep allowing the thoughts to enter your subconscious. 4. Don’t make it too formal. It should be informal and fun. 5. A great technique to get started is to explain to your child the affirmations are like magic words, and if repeated often enough they gain enough strength to become true. 6. A great time to use the affirmation cards is when your child is sick. It will help them feel better. 7. Another great time, is if your child is going through a specific issue. Pick a card that can assist with that issue, for example, if your child is struggling with homework, an affirmation card that states “When things get hard I keep trying and not give up” may be the perfect answer. Repeat the affirmation until the issue is resolved. 8. Have an “affirmation of the day”. That specific affirmation is the focus for the day. 9. Get your child to create their own affirmation cards. Their own words, own drawings. They can be decorated with, stickers, stamps, etc. 10. You have fun with it also, its not just for children - adults can benefit also! To get started right away, Kids Happy Apps have created a gift set of Affirmation Cards that you can download for free to give your child that extra boost of happiness. Here we are in a brand New Year my friends. I thought that the first Free Printable Friday Creation should be something very positive so we have a very pretty collection of Free Printable Floral Affirmation Cards To Put a Positive Spin on our Year! There are 36 of these little cuties in 6 different designs that you can use for yourself and for all the special people in your life. Print them all out and make little stacks of them. Use them like post-it’s, drop them in a lunch bag, use them as tags on gifts or drop some in a card and send it to someone who needs a little smile or boost. Leave a few in a Library Book you are returning or even tuck one in a magazine when you are checking out at the Food Store. Leave one for a cashier when you pay your bill or how about leaving one with a tip to your waiter or waitress! There are just so many ways to spread the positivity they give. Very simple to print. All you need to do is click on the page that you want to print... “Save As” and print! Then cut them up... stack and use freely. Would you like to see more of these? How about Lunch Box Notes? Let us know and we will get working on them. Page 1 Page 2 Page 3 Page 4 Page 5 Page 6 Page 7 Page 8 Page 9 Page 10 Page 11 Page 12 Page 13 Page 14 Page 15 Page 16 Page 17 Page 18 Stay Up to Date with The Cottage Market by Joining our Mailing List! Check Out the Rest of our Free Printables Here! So...Fire up those printers and I highly recommend if you are going to print from home to use a high quality card stock...it will give you the best quality! Remember...you can resize these for any purpose you have in mind. I always have to share that your local office supply store can print amazing lazer copies for you on card stock for under \$1!!! Hope you ENJOY! If you are looking for MORE FREE Printables...Personal Planners... Food Planners, Diet Planner... Party Banners...Graphics...Recipe Cards...Digital Scrapbooking Paper Packs check out our Freebies Gallery! Want to stay in the know? I’d really love that! ((HUGS)) Like ... on Facebook | Follow ... on Pinterest | Follow ... on Instagram | Inside: There’s huge benefit to using children’s affirmation cards if done with a few important concepts in mind. But, there are a three big mistakes I notice. Post contains affiliate links, which means if you make a purchase I may earn a small commission at no extra cost to you. Affirmation cards for kids seem to be all the rage these days. Just use a few affirmations and that will fix everything...right? The “experts” say... Overnight your child’s negative self-talk with disappear. It’s “science.” (Insert photo of perfectly happy children on the beach @@@) Well, not so fast. There’s a HUGE benefit to using children’s affirmation cards if done with a few important concepts in mind. BUT...there are a three big mistakes I notice when using affirmations with toddlers, preschoolers or school-age kids. Here’s what to look for when choosing daily affirmations for kids. 1. The affirmation chosen should always come from the child. All kids are born with every possible inner strength. It’s only a matter of helping the child see it in themselves through observation. This allows the child the chance to prove to themselves that they have a particular quality. So if you pick an affirmation that says “I am brave” - the child can say it one gazillion times until their face turns a shiny rainbow color - and the child still will not believe they are brave until they SEE it through their own observation. Allow the child to choose the affirmation they want to work on, and the child will start to look for proof all on their own. Without you nagging or reminding them to say the affirmation, kids will look for the validation needed to prove the affirmation true. 2. Allow the child to work on one affirmation for as long as he or she wants. Kids set up challenges all the time to help themselves develop life skills. When a child constantly wants things he cannot have...you may have a child wanting to learn to cope better with disappointment. When a child frequently falls into tears over things that normally would not upset them...you may have a child working on emotional self-control. When a child seeks out impossible things...you may have a child working on problem-solving and creativity when faced with the impossible. Kids know exactly the life skills they need to build. So when a child chooses an affirmation, it’s important to allow the child to work on building that skill for as long as they desire. Kids know what they need. Imposing timelines such as “one affirmation per day” is supporting a cultural idea more than following the child’s lead of where he or she needs to go. 3. Affirm the affirmation for the child ONLY when you SEE it through observation. Praise is about what we think and what we like. Acknowledgement is about the child. Children accept praise only if they already agree. If children have a different opinion of themselves, praise can break trust. Here’s a quick example: If I praise my daughter for being smart or pretty and she doesn’t already believe it, she may either think I’m just being nice and won’t be able to trust me to tell her the truth, or she will think I don’t understand her. In both cases, she will begin to believe that in order to be accepted she must be something she is not. The feelings of pressure or resentment, or giving up will result. When you SEE bravery and you tell a child, “You were scared of the dark. You held your stuffy to stay calm. That shows you’re brave,” you affirm your child in a way they can identify with it. It becomes who they are and their future actions are based on it. This is the critical piece of affirmations for kids working well. 31 Most-Loved Affirmation Cards for Kids - Full List 1. I am brave. 2. I am courageous. 3. I get along well with others. 4. I make friends easily. 5. I am full of energy. 6. I keep trying. 7. I can become whatever I want to be. 8. I am imaginative. 9. I believe in myself. 10. I am a problem-solver. 11. I am in control of my emotions. 12. I enjoy playing. 13. I can trust my heart. 14. I have unique gifts and talents. 15. I learn from challenges. 16. I make healthy choices for my body. 17. I get stronger each day. 18. I know how to calm myself down. 19. I know how to focus. 20. I am responsible. 21. I am persistent. 22. I listen to my body and my heart. 23. I am loved. 24. I can do hard things. 25. I make thoughtful choices. 26. I have interesting ideas. 27. I set the right level of challenge for myself. 28. I am important to my family. 29. I am patient. 30. I am helpful. 31. I am attentive. Your Step-by-Step Guide for Getting Started with Affirmations for Kids 1. Grab your set of kid affirmations here OR have your make your own. 2. Print and cut. I use HP instant Ink for some insanely cheap printing (\$5 for 100 pages!) and I often cut using this handy paper cutter to get it done in about 2.5 minutes. Although, scissors work just fine too! 3. Look at the affirmations with your child together. Talk about what each might mean to someone. 4. Allow your child to chose one affirmation they would like to look at and say each day. 5. Allow your child to show you where they want to put it. Encourage them to place it in an area they will see often. 6. Each time your child sees the affirmation, encourage them to say it aloud. 7. Specifically watch and notice your child’s behavior for this characteristic and affirm it through observation as often as you can. 8. Encourage your child to choose a new affirmation when they are ready. Frequently Asked Questions What are positive affirmations for kids? Affirmations are positive statements that help connect kids to their inner greatness. All kids are born with every possible inner strength..it’s only a matter of affirming it. Why would you use affirmations for kids? When kids are working to boost their self-esteem (aren’t we all?), affirmation cards help the child recognize and seek out their strengths. It also helps the parent know what the child is working to affirm. The parent can then look for it though observation in the child’s behavior and then affirm it. A set of affirmation cards is incredibly helpful in allowing the child to see possibilities and then chose one that stands out to them. free printable affirmation cards for adults pdf

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