



**TODAY'S TOPIC:**

**Affirming Your Truth**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

**THINKING JOB:** Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

***What is a “pep talk”?***

**Lesson**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>• Small mirrors</li> <li>• Markers</li> <li>• Examples of affirmations</li> <li>• List of affirmations</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>	Know how to do positive self-talk and affirmations.

***This lesson is inspired by Cranium Kids Media – Positive Self Talk for Kids.***

**ASK:** What is a pep talk? A short speech to give you good energy, make you feel confident, work harder, have more fun, or pump you up.

**ASK:** Who is likely to give you a pep talk? Your parent, teacher, coach, people who care about you.

**ASK:** Can you give yourself a pep talk?

**SAY:** Affirmations are like little pep talks for your brain. An affirmation is a specific, simple statement you repeat to yourself often to give yourself encouragement or motivation.

*Show some examples.*

**SAY:** It may sound simple or silly, but affirmations are based in brain science. Repetition, repeating things over and over, is your brain’s language. That means whatever you say and do over and over again sticks in your brain. When you practice doing something over and over, your brain gets good at it then you can do it without even thinking about it.

**ASK:** Can you think of examples of things you do without thinking? Tying your shoes, opening a door, etc.

**SAY:** When you tell yourself something over and over, either out loud or in your head, those messages stick in your brain automatically until you can think those thoughts without even knowing it, and your brain believes what you say.

**SAY:** When you think the same thing over and over, your brain believes is even if it might not be true. That means what you tell yourself matters.

**EXAMPLE:** If you are in the habit of saying negative things like, What’s wrong with me? I can’t do anything right. This is too hard. Saying these things over and over makes your brain think this is true and you will think about it without even knowing it. Plus, it can make things harder.

**EXAMPLE:** If you are in the habit of saying positive things like, Today will be great. I can do hard things. I am a kind and caring person. Saying these things encourages your brain to believe in yourself. Saying positive things – positive affirmations – over and over can make things easier and more fun. You might be in a better mood, get along better with people, or learn easier.

**SAY:** This might feel awkward or weird at first but if you stick with it and practice, you will think good things about yourself without even knowing you are doing it.

**ASK:** When can you say positive affirmations about yourself? Anytime! At the start of the day, before you go to sleep, every time you get in the car. Some people say them out loud or in their heads every time they look in a mirror, like when you brush your teeth or wash your hands.

**AFFIRMATION:** I say it how I want it to be.

**ACTIVITY:** Use resources (list at the end of this lesson, online, books, lists, cards) to create individual affirmations for each person. It should be personal/unique for each person so be sure to include each child in the process. Use the markers to write their name on the back of the mirror, and their affirmation on the front.

**AFFIRMATION** – I say it how I want it to be. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .

- I am loved.
- I listen to my heart.
- I am helpful.
- I am friendly.
- I am kind.
- I can do it.
- I play well with others.
- I am calm.
- I am relaxed.
- I am brave.
- I am good at sharing.
- I am loving.
- Whatever I do, I give my best.
- I am unique.
- I am peaceful.
- I can become whatever I want to be.
- I am confident.
- I am caring.
- I think positive.
- I am thankful.
- I am courageous.
- I get better and better every day.
- I have positive thoughts.
- I like learning new things.
- I am very creative.
- I always find ways to overcome challenges.
- I listen to my inner wisdom.
- I am awesome.
- I am strong, inside and out.
- I can do anything.
- I like myself.
- Wonderful and awesome things happen to me.
- I learn from my mistakes.

## Positive Affirmations