

AFFIRMATIONS

All children are good.
All children are kind.
All children are beautiful.
Positive affirmations are
integral in helping children
internalize their own gifts.

BY LEE SOWLES



W E L C O M E

Hi There!

Welcome to our community! We are so glad you are here. I created this program because of my personal journey to build social-emotional skills and resilience and see my children model what I was practicing. This was when my wheels started turning and I knew this could be an essential prevention program for schools and parents.

My experience in classrooms helped motivate me to build an SEL curriculum that is built on a foundation of compassion and resilience, that is EASY for teachers to implement and IMPACTFUL for children's well-being and long-term success.

My vision is to live in a world where people know how to face struggles and bounce back, where we believe and accept ourselves and one another, where we know how to balance our lives without burning out, and where we all feel safe, seen and heard. The reason I wanted to share my story with you is that I want you to know me. And I want you to know that I am here to help my community.

Lee Sowles 

ABOUT LEE

Lee founded Kind Mind as a way to prevent some of the emotional and mental health challenges that impact so many children and adults today.

She is a living example of someone who has built resilience with the simple practices and tools that make up the Classroom Resilience Toolkit.



Affirmations



Affirmations are incredibly important, especially with children. Unintentionally, we tend to shame children for not listening, not following the rules, not doing well in school or on a test, not sitting still, or simply expressing their big feelings. This might come through in a disappointed look, scolding, or discipline. Children internalize this shameful feeling, and it becomes part of their identities. For example, the child who can't sit still at school internalizes the constant reminders and adult frustration as, "I am not a good kid. I am not smart."

Our brains are wired to cling to negative thoughts and emotions. Therefore, we need to actively practice cultivating positive thoughts, especially when difficult behaviors come into play.

As parents/caregivers/teachers, we can teach children respectful and appropriate behavior, while also reminding children of how amazing they are, even when they make mistakes. We can set a boundary and expectation, and then offer positive messaging about who they are as a person. Eventually, children will accept criticism without internalizing it as negative.

All children are good. All children are kind. All children are beautiful. Positive affirmations are integral in helping children internalize their own gifts.





Activity

- 1 Introduce the Affirmation Cards to your students/children.
- 2 Read each affirmation aloud to your students/children. Look into their eyes as you read the affirmations. Have the children repeat each affirmation after you have read it aloud.
- 3 Remind the children that even when they make mistakes, break a rule, or say or do something that is hurtful, they are still all of these good things. Remind them that we all make mistakes, even grown-ups.
- 4 Have the children cut out each Affirmation Card and put it in a place where they can look at it every day to remind themselves how special they are. If at school, putting one on their desk is a great reminder of their special gifts. You could also punch holes in each affirmation, string them together, and hang them.

Notes



Self-acknowledgement is a muscle. When we acknowledge ourselves, we feel uplifted and proud. We restore a sense of purpose and of matter in the world. This is a pillar of resilience.

This exercise teaches children to be proud of who they are, without ego. The exercise also teaches children that sometimes people do bad things, but all people are capable of goodness.

If any child is having behavioral challenges, such as hitting or being disruptive - that requires a boundary - set the boundary firmly: "I cannot let you disrupt the class. I am happy to offer you a break and we can connect in a few minutes."

Follow up with: "You are a kind friend and a good person. You made a mistake. We all do sometimes. Let's get our anger/frustration/sadness out together now." This affirms that the child is still deserving of love.

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and family kits at www.kindmindededucation.com

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