

Affirmations Activities

Whole Class: Affirmation Cards

OPTION 1:

- At the start of each class, a student can choose a card, read it, and the students discuss it.
- This activity is a good way to start the class.

OPTION 2:

- The instructor can choose the card, write the affirmation on the board, have the students read it and connect with it.
- That affirmation will resonate with some or all of them.
- Let the student repeat the affirmation 3-5 times at the beginning and the end of the class.

Low Intermediate or Beginner Level

Complete the positive sentences with a word/phrase from the box.

Choose one to say regularly daily until you can recite them all on your own.

learn	Returning to school	I choose to do	will	my fears	a willingness to learn	confident	I can create for my future
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1. I can, and I _____
2. I am proud of myself for _____
3. Everyone has positive qualities; mine is _____
4. I can do anything I _____
5. Today, I will walk past _____
6. The better I do at school, the more opportunities _____
7. I choose to be _____
8. Mistakes are simply an Opportunity to _____

Low Intermediate or Beginner Level: Instructor Guide

1. I can, and I will!

NOTE: Teaching students to persist when things get tough nurtures resilience.

2. I am proud of myself for _____.

NOTE: Getting students to recognize their accomplishments helps to establish a positive inner voice.

3. Everyone has positive qualities; mine is _____.

NOTE: Helping students to recognize and verbalize their strengths can help them to feel good about themselves.

4. I can do anything I choose to do!

NOTE: This affirmation helps students to push through tough times.

5. The better I do in school, the more opportunities I will create for my future.

NOTE: This affirmation is good for students who have trouble seeing the purpose of completing their assignments.

6. I choose to be confident.

NOTE: Students can always choose to verbalize the opposite of what they are feeling and manifest what they want.

7. Today, I will walk past my fears.

NOTE: Students can also look at their fears and choose to overcome them.

8. Mistakes are simply an opportunity to learn.

NOTE: This affirmation helps students to step into their higher selves.

Intermediate Level

Sentence starters using given phrases like “I am ...” or “I can ...” or “I have...”

Speak in the present tense; instead of saying, “I will be great,” say, “I am great.”

Keep it short.

- ❖ built-in desire to learn
- ❖ come to the class ready to learn
- ❖ always prepared
- ❖ contribute to class discussion
- ❖ am persistent
- ❖ have the ability to focus on my tasks
- ❖ a capable learner

I am _____

I can _____

I am _____

I can _____

I am _____

I can _____

I _____

Advance Level

Each student takes 5 minutes to share a story that was either their proudest, saddest, or most challenging.

Student A: Speak for 5 minutes.

Student B: Listen and write the strengths of Student A, then write a letter to Student A, listing the strengths.

Switch

Student B: Speak for 5 minutes.

Student A: Listen and write the strengths of Student B, then write a letter to Student B, listing the strengths.

Don't Quit

Edgar Albert Guest

When things go wrong, as they sometimes will,
when the road you're trudging seems all uphill,
when the funds are low and the debts are high,
and you want to smile but you have to sigh,
when care is pressing you down a bit - rest if you must, but don't you quit.

Life is queer with its twists and turns.

As everyone of us sometimes learns.

And many a fellow turn about when he might have won had he stuck it out.

Don't give up though the pace seems slow - you may succeed with another blow.

Often the goal is nearer than it seems to a faint and faltering man.

Often the struggler has given up when he might have captured the victor's cup.

and he learned too late when the night came down,

how close he was to the golden crown.

Success is failure turned inside out - the silver tint of the clouds of doubt,

and when you never can tell how close you are,

it may be near when it seems afar

so stick to the fight when you're hardest hit - it's when things seem worse, you
must not quit.