



Self-Awareness

Positive Affirmations

Pre-Teaching/ Guiding Language:

We often overlook or dislike the things about us that make us unique. Have you ever tried to cover up something about yourself because you feel like society, your friends, or your teachers will not accept it? Maybe you have had negative experiences with people not accepting the vulnerable parts of you and now you struggle to open up. Recognizing our differences and celebrating them is something that is hard to do but necessary if we want to become the best versions of ourselves.

Complimenting yourself or partaking in positive affirmations takes work and practice. At first you might feel silly standing in front of the mirror or sitting at your desk giving yourself compliments, whether it's out loud or in your own head. However, there is some science behind it! The "Self-Affirmation Theory" (Steele, 1988) provides us with the idea that we can maintain our self-integrity by affirming our positive beliefs.

Additional benefits of daily affirmations are:

1. They lower our stress.
2. They increase our self-esteem.
3. They help us dismiss negativity more easily.
4. Participating in daily affirmations has led to increased academic achievement.

Key Takeaways:

- Students will recognize unique qualities in themselves.
- Students will understand the power of positive affirmations.
- Students will practice complimenting themselves.

Duration + Materials:

- 15 Minutes
- Notebook
- Writing utensil

Key Vocabulary:

- **Affirmations-** The action or process of affirming something being affirmed.
- **Compliment-** A polite expression of praise or admiration.
- **Vulnerable-** Susceptible to physical or emotional attack or harm.



Activity:

1. Teachers will introduce the idea and benefits behind daily positive affirmations.
2. Allow the student time to reflect and bring awareness to their personal strengths and favorite things about themselves.
- a. These can be special skills, talents, personality traits, or physical characteristics!
3. Teachers will brainstorm with the student (using the discussion questions below) a list of personal affirmations.
 - a. Examples can be:
 - i. I am a smart and successful student.
 - ii. I am a great friend.
 - iii. I help my classmates when they are in need.
 - iv. I will do my best even when things feel hard.
4. Teachers will have the student write down these affirmations in their notebooks or planner and encourage them to read them daily before class or whenever they need a “pick me up”.

Discussion Questions:

1. What is something you like about yourself?
2. What is something you hope to improve on?
3. What is something you like about our class?
4. What is something you are struggling with in class?
5. What do you wish you were better at?
6. What is your favorite compliment you have ever received?

Reinforcement Activities:

1. Teachers will check in with their students who are engaging with this strategy monthly to assess the effectiveness of their affirmations. Encourage those students to update them as they feel necessary.