

Self Affirmation Cards

KINDNESS BEYOND THE CLASSROOM™
SMALL GROUP • OPTION 1 • COURAGE

Lesson Timeframe

25-30 mins

Materials

- ☐ 3 index cards/student
- ☐ Pencils/Markers
- ☐ Courage poster (optional)



Share

Define courage: COURAGE IS BEING BRAVE WHEN FACING NEW OR DIFFICULT CIRCUMSTANCES. (Show the Courage poster if desired.) We often think about courage as being strong and fearless. However, courage also means staying true to who you are and embracing what makes you different, rather than hiding it, which can sometimes feel scary or difficult. As a group, brainstorm one unique thing about each person in the group:

- What is one unique thing about you that others may not know?

If time allows, have each person in your group answer. If there is not enough time or your group is too large, aim for 5-10 answers from varying ages.



Inspire

It might sound silly, but it takes courage to be yourself. Most of us don't think about how we treat ourselves, but kindness actually starts with the things you say and do to yourself first! If you can't be kind to yourself, how can you expect to be kind to others? So how does this connect to courage? It takes courage to be YOU at all times!



Empower

Explain that today each student will create Self Affirmation cards that we can read out loud to ourselves every day. These are statements about ourselves that lift us up, bring us joy, and remind us why we are so special. Divide the group up into smaller groups by grade (PK-2 and 3-6).

In the younger group, Each student will create 3 different cards that answer the prompt, "I am special because..." In the older group, each student will write 3 affirmations (uplifting statements) about themselves. They must be true and specific. (Example: "I am cool!" is not specific. "I am a great piano player" is better!)

- If time allows, invite students to use courage to read aloud at least one card with their group.
- Send the cards home and encourage students to put them in a place where they can read them each morning as they get ready for school (under their pillow, next to their bed, on the bathroom mirror, etc.)



Reflect

Guide a conversation on the COURAGE to be kind to yourself.

- How does it take courage to be kind to YOU?
- How does it hurt you when you think or say negative things about yourself?
- What can we do if we see or hear our friends using negative words to describe themselves? (I am stupid, I'll never figure it out, etc.)

