

I am strong • I am kind • I am enough

THE POWER OF POSITIVITY

- What is positive self-talk? It is simply speaking to ourselves with kindness and positivity!
- Using positive affirmations daily can be a powerful way of building self-confidence and self-worth.
- Telling ourselves positive statements and encouraging words can shape how we handle life challenges. If we believe we are capable and loved, we will act capable and loved. (Dr. Claude Steele's theory of self-affirmation)
- Spend a few minutes each day using positive self-talk; stand in front of a mirror or just repeat the affirmations out loud.
- The more an affirmation is practiced, the stronger it becomes. We can all train our brain to think more positively.

PRACTICE POSITIVITY

Try the activities on the following two pages and practice your positive self-talk



Color the mirror and say something positive!

Yes I can!

Need ideas? Try the examples on the positive self talk page!

BOOKS FOR CHILDREN ON POSITIVITY

All Are Welcome by Alexandra Penfold
The Book of Mistakes by Corinna Luyken
The Day You Begin - Jacqueline Woodson
Giraffes Can't Dance by Giles Andreae
Happy by Nicola Edwards
Have You Filled a Bucket Today? by Carol McCloud
Here We Are by Oliver Jeffers
High Five by Adam Rubin

I Am Enough - Grace Byers
I am Smart, I am Blessed, I Can Do Anything! by Alissa Holder
I Like Myself by Karen Beaumont
ish by Peter Reynolds
Last Stop on Market Street by Matt de la Peña
Tomorrow I'll Be Brave by Jessica Hische

For additional suggestions, contact your local librarian at childrens@madison.mainlib.org or kate.dinneny@flo.mainlib.org



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THE POSITIVE SELF-TALK PAGE

Give self-talk a try when you need a pick me up.

Circle the phrases that best describe you. Write in your own descriptions at the bottom.

I am brave

I am smart

I am kind

I am helpful

I am strong

I am funny

I am creative

I am good

I am _____

I am _____

Talking to yourself in a positive way can
build your confidence and self-esteem and
will help you feel better about yourself.



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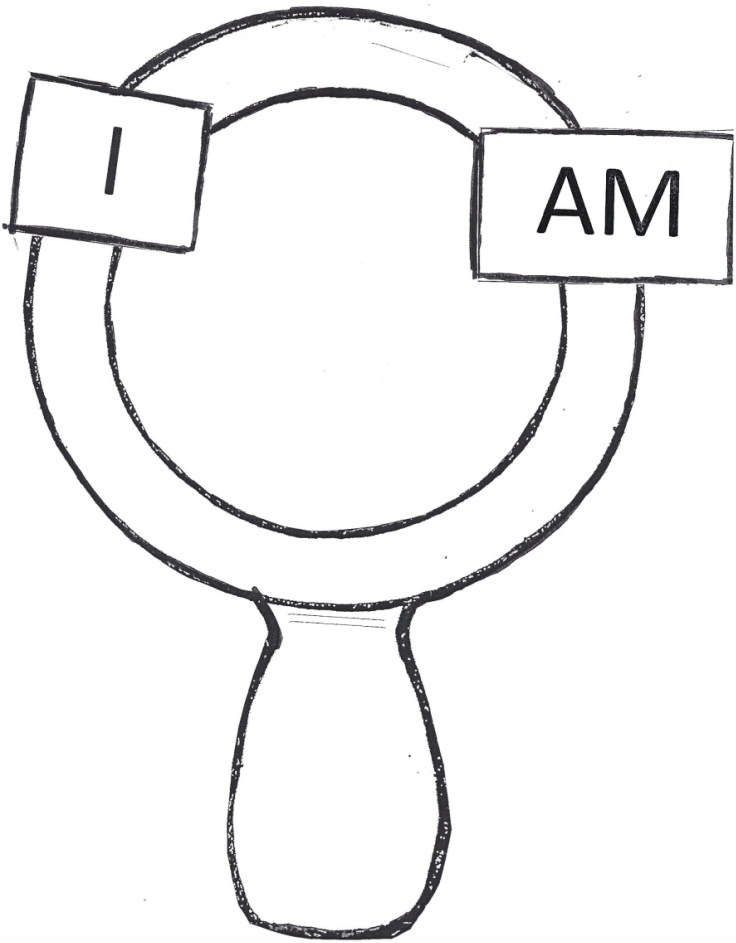
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PRACTICE POSITIVE SELF- TALK

Print out and decorate this mirror. Try to say a different positive phrase to yourself every day!



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