SEL · AFFIRMATIONS AND SELF-ESTEEM · GRADES K–1

"I Am" Sentences to Trace

Trace five short affirmations, like I am kind and I can try, then draw yourself.

Name: _____ **Date:** _____



Trace each sentence. Say it out loud.

I am kind.

I am brave.

I can try.

I am a good friend.

I am loved.

Draw yourself being brave.

Art © Kevin Coulston