SEL · AFFIRMATIONS AND SELF-ESTEEM · GRADES K–2

Mirror Affirmations

Draw yourself smiling in the mirror, then trace and say three kind things about you.



Name: _____ **Date:** _____

Draw yourself in the mirror with a big smile.

Trace each sentence. Say it out loud.

I am special.

I am a good friend.

I can learn new things.

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