SEL · AFFIRMATIONS AND SELF-ESTEEM · GRADES K–3

Roll an Affirmation

Roll a die, then say an affirmation out loud with an action, like "I am brave!" with a superhero pose. Great for morning meeting.



Name: _____ **Date:** _____

How to play: roll a die and find your number. Say the affirmation out loud and do the action. Say it like you mean it!

Roll, say it and do it.

⚀ I am brave! Stand tall like a superhero.	⚁ I am kind! Give yourself a hug.
⚂ I can do hard things! Make strong arms.	⚃ I am a good friend! Wave to a friend.
⚄ I keep trying! Do three jumping jacks.	⚅ I am proud of me! Pat yourself on the back.

The affirmation I like best: _____

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