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.

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Affirmation Cards to Color

Six cut-apart cards with big outline words to color, like I can do hard things and I keep trying.

Name: _____ **Date:** _____



✂ **Color the cards. Cut them out on the dashed lines. Keep one in your desk or pocket.**

I can do hard things

I keep trying

I am a good friend

Mistakes help me grow

I believe in me

I am one of a kind

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All About Me Star

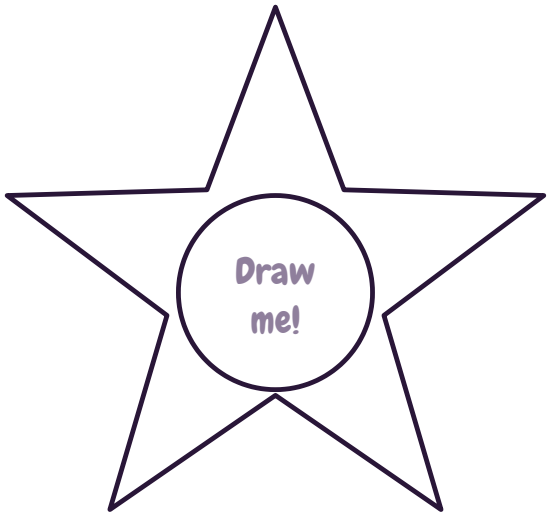
Fill each point of the star: my name, I like, I am good at, I am proud of and I want to learn.

Name: _____ **Date:** _____



My name is

I like



I am good at

I am proud of

I want to learn

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SEL · AFFIRMATIONS AND SELF-ESTEEM · GRADES 2–5

Kind or Unkind Self-Talk?

Sort ten things kids say to themselves into kind self-talk and unkind self-talk, then rewrite two.

Name: _____ **Date:** _____



Self-talk is what you say to yourself in your head. Kind self-talk sounds like a good friend cheering you on.

Circle Kind or Unkind.

I can do hard things.	Kind	Unkind
I'm so dumb.	Kind	Unkind
Nobody likes me.	Kind	Unkind
I made a mistake, and that's okay.	Kind	Unkind
I am proud of how hard I worked.	Kind	Unkind
I always mess up.	Kind	Unkind
I am learning a little more every day.	Kind	Unkind
I'll never be good at this.	Kind	Unkind
I should not even try.	Kind	Unkind
I am a good friend.	Kind	Unkind

Unkind self-talk	Kind self-talk
"I'm so dumb."	_____
"Nobody likes me."	_____

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SEL · AFFIRMATIONS AND SELF-ESTEEM · GRADES 1–5

Affirmation of the Day

Say a new affirmation each day for a week and write one way you showed it.

Name: _____ **Date:** _____



Day	Today's affirmation	Said it 3 times	One way I showed it today
Monday	I am a good listener.	☐ 1 ☐ 2 ☐ 3	
Tuesday	I can solve problems.	☐ 1 ☐ 2 ☐ 3	
Wednesday	I am kind to myself and others.	☐ 1 ☐ 2 ☐ 3	
Thursday	I am getting stronger every day.	☐ 1 ☐ 2 ☐ 3	
Friday	I am proud of who I am.	☐ 1 ☐ 2 ☐ 3	

My own affirmation for next week: I am _____

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ANSWER KEY · AFFIRMATIONS AND SELF-ESTEEM · GRADES 2–5

Answer Key: Kind or Unkind Self-Talk?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Self-talk is what you say to yourself in your head. Kind self-talk sounds like a good friend cheering you on.

Circle Kind or Unkind.

I can do hard things.	**Kind** / Unkind
I'm so dumb.	Kind / **Unkind**
Nobody likes me.	Kind / **Unkind**
I made a mistake, and that's okay.	**Kind** / Unkind
I am proud of how hard I worked.	**Kind** / Unkind
I always mess up.	Kind / **Unkind**
I am learning a little more every day.	**Kind** / Unkind
I'll never be good at this.	Kind / **Unkind**
I should not even try.	Kind / **Unkind**
I am a good friend.	**Kind** / Unkind

Unkind self-talk	Kind self-talk
"I'm so dumb."	"I am still learning."
"Nobody likes me."	"People care about me."

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