

# HANDBOOK FOR TEACHERS

## ART FOR WELLBEING IN THE CLASSROOM

### AFFIRMATIONS

<b>Good for</b>	Confidence Positive self-image Replacing negative thinking patterns with positive ones
<b>Length</b>	20 mins
<b>Resources</b>	Information and List of Affirmations <a href="http://www.clevelandmetroschools.org/cms/lib/OH01915844/Centricity/Domain/7278/101FreePositiveThinkingAffirmations.pdf">www.clevelandmetroschools.org/cms/lib/OH01915844/Centricity/Domain/7278/101FreePositiveThinkingAffirmations.pdf</a>  A3 card / fabric Oil pastels / coloured pencils / felt tips etc Any other colours / collage for decoration etc
<b>Actions</b>	<ul style="list-style-type: none"><li>• Select a number of affirmations from the list and print them out, one copy for each child. (We chose 15 that related specifically to our groups)</li><li>• Explain what an affirmation is - <i>A positive statement you can use to build confidence, face challenges. If you repeat it again and again it can replace worries.</i></li><li>• Children can think of an affirmation for themselves that they feel will help them. Or they can choose from the list.</li><li>• Each child to write their affirmation onto the card / fabric with oil pastels / felt tips etc</li><li>• Decorate around it</li><li>• Share affirmations around the circle</li><li>• Close the group</li></ul>
<b>Tips</b>	If you use fabric you can create a Wishing Line of Affirmations strung across the classroom on rope
<b>Variation</b>	If they would like to choose a second affirmation this can be written on a postcard, and maybe sent to them through the post

