

POSITIVE AFFIRMATIONS AND STUDENT LEARNING

How to Empower Your Child

**PARENT
CHECK IN**



What Are Your Resolutions for the New Year?

- May We Suggest...
- Go easy on yourself!
 - Practice forgiveness!
 - Expand your capacity for happiness!

What Do We Know About Positive Affirmations

- Supporting your child's emotional growth is more important than ever.
- Affirmations can support K-8 students' mental health and help them perform better in school, experts say.
- Children's mental health and well-being are tied to their achievement in school.
- Integrating positive thoughts and words can counteract any feelings of discouragement, thus helping students step into their best academic selves.
- Parents and other caregivers, not just educators, can support students' learning by fostering nurturing environments where children can grow their confidence and self-esteem in academics.
- If you attend to those social and emotional needs first, it will help undergird your child for academics because they know that you care about them as a human first.

What Are Positive Affirmations for Kids?

- ▣ Positive affirmations are positive statements that are encouraging and motivational.
- ▣ Affirmations are phrases that foster a positive mental attitude and self-empowerment.
- ▣ Affirmations **boost self-esteem and promote a growth mindset** and also help combat intrusive negative thoughts.
- ▣ A healthy habit of positive self-talk and using affirmations on a daily basis can empower your child, boost self-confidence, and foster resiliency.

Why Are Affirmations Important for Children?

- ▣ The messages we send ourselves are very impactful and play a significant role in our happiness, motivation, and overall well-being.
- ▣ These messages influence the way we feel about ourselves and the world around us.
- ▣ By teaching your kids the language of self-love and confidence early on you are empowering them to reach their full potential.
- ▣ Kids who actively fill their minds with positive thoughts and practice a growth mindset are more willing to try something difficult and persevere.
- ▣ Having a positive mindset creates a ripple effect that can be felt in all areas of life.

Does A Positive Mindset Promote Learning?

- ▣ A recent study from the Stanford School of Medicine found that a positive attitude towards learning has the potential to boost the functions of the brain's memory center and predict performance independent of confounding factors such as a student's IQ.
- ▣ A student with a positive mindset will accept challenges and persevere in order to succeed.
- ▣ A learner with a positive mindset tends to self-regulate their own learning and has the propensity to cope with academic tasks.

How Do You Teach Affirmations to Children?

- ▣ First, have your child notice their thoughts and how certain thoughts make them feel.
- ▣ Explain that with a little practice and flexing of their mental muscles, they can choose positive thinking as much as possible.
- ▣ Ask your child to think about the types of things he/she would say to a friend if they were trying to encourage them or help them feel good. Tell them to only say things to themselves that they would say to someone they love or care about.

- ▣ Creating a bulletin board of positive affirmations, quotes, and inspiring visuals could be another fun activity for the family to try.
- ▣ Send a powerful message by letting them catch you doing affirmations using positive self-talk when you need it.

Examples of Affirmations for Kids

- ▣ I am strong
- ▣ I believe in myself
- ▣ My feelings matter
- ▣ I am calm
- ▣ I choose to feel happy
- ▣ My brain is powerful
- ▣ I can do hard things
- ▣ There is only one me in the world
- ▣ I am enough
- ▣ I am loved

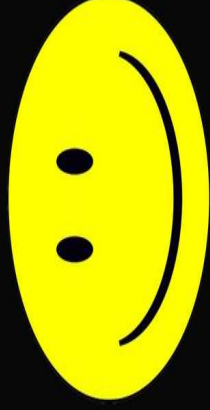
Affirmations for kids cultivate a habit of positive thinking and self-love that has far-reaching positive effects. Kids are never too young to start learning tools that will nurture their mental health and elevate their self-worth.

A POSITIVE
ATTITUDE
makes

a

Big

DIFFERENCE!





for your participation!