

19 positive affirmations

We belong

{ WE ARE SAFE }

♥♥♥
We have caring hearts

We are brave enough to try

We can do hard things


We are stronger than we think

We spread kindness everywhere we go

We ask for help when we need it

We improve with lots of practice

We love to learn

We embrace our differences

We are helpful

We work as a team

We keep trying, even when things are hard

We listen to each other

Mistakes help us learn and grow

Nice deep breaths help us to stay calm and peaceful

We are all equally important

Being ourselves is a superpower