

Back-to-School Spiritual Supplies Activity – Affirmations

On our first days of school, and even before school begins, we can be a little nervous – not sure of what our teacher will be like, how our virtual classroom will be, or the new things that we'll learn.

Here, at CSE, we have tools to help us get through the challenging parts of school while enjoying the fun parts of school even more. We can use these tools to have the best year yet!

One of our spiritual tools is writing and saying affirmations. Affirmations are short statements that help us remember who we are at the core of our being, our Self, with a capital "S". Affirmations are positive and start with "I am" or "You are" in the present tense. Some examples of affirmations are:

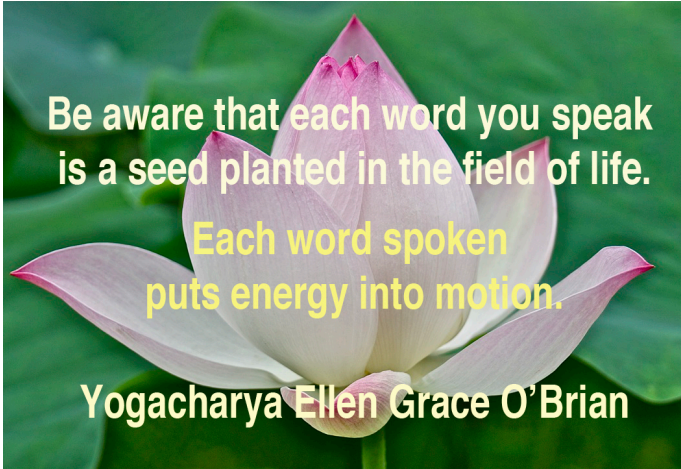
I am

I am strong
I am friendly
I am creative
I am joyful
I am beautiful
I am peaceful
I am wise
I am bold
I am adventurous
I am courageous
I am light
I am fun
I am truth
I am powerful
I am clear-minded

You are

You are peaceful
You are calm
You are kind
You are brave
You are creative
You are strong
You are positive
You are kind
You are generous
You are caring
You are compassionate
You are loving
You are adventurous
You are inquisitive
You are bold

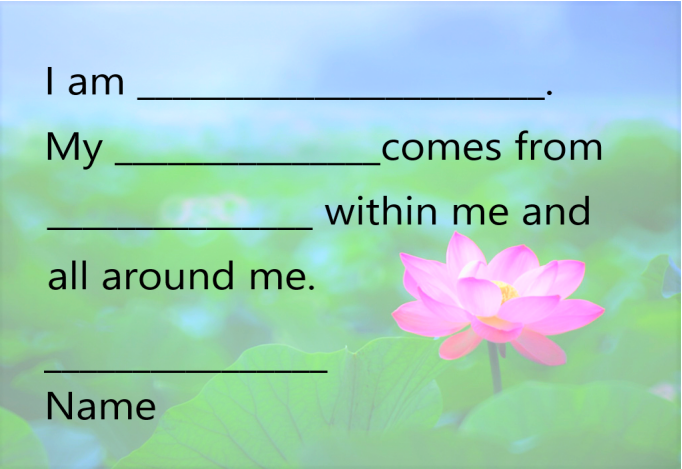
The more we tell ourselves affirmations, the better our life can become, if we believe them. This is one way we can “choose” our own life.



Be aware that each word you speak
is a seed planted in the field of life.

Each word spoken
puts energy into motion.

Yogacharya Ellen Grace O'Brian



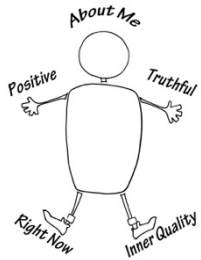
I am _____.

My _____ comes from
_____ within me and
all around me.

Name

Affirmation Booklet Instructions

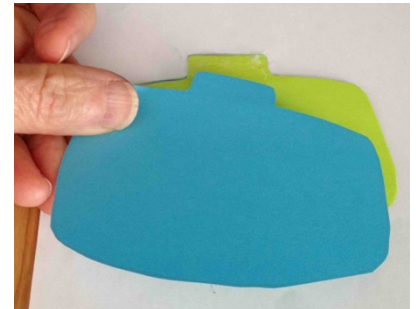
Affirmations are:



1. Start off with printed "Affirmations are:" page. Draw in hair, face, and decorations with markers. Do not color in the body.



2. Print and cut out a page of bodies.



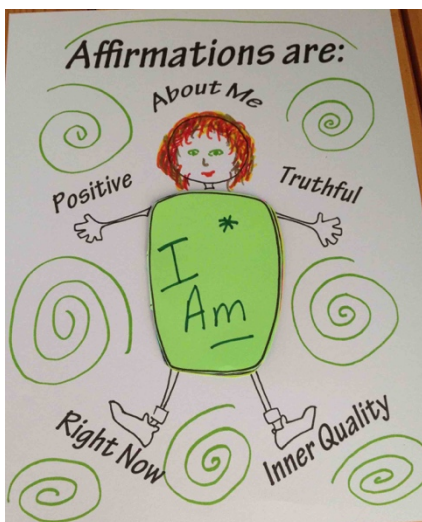
3. Stack all the bodies together and glue the tabs together.



4. On last page, spread glue all over the backside. Tuck all tabs underneath, and apply glue to the tab.



5. Paste body onto person



6. On the cover of the body, write, "I Am"

7. On each of the inside pages write a soul quality, such as, "love, joy, peace, calm, bright, wise, strong, bold, creative, etc."

8. Read your book over and over. Mornings and evenings are great times to read your affirmations!



Affirmations are:

About Me

Positive

Truthful

Right Now

Inner Quality

