



As our kids and us parents are barging into the world of working from home and being a Virtual Teacher, emotions can be all over the place. This worksheet is in conjunction of my recent podcast episode around positive affirmations for kids. It is never too early to plant the seeds of self worth.

Affirmations for Kids

 **What negativity has crept in during this pandemic ?**

 **Recognize the feelings and reframe into a positive statement.**
Example : I AM WORTHY , I CAN DO HARD THINGS, etc

 **Describe how that feels saying out loud.**

 **How can you use this same exercise as an adult ?**

