

Affirmation Cards

Returning to school in March might feel quite daunting. Positive self-talk can support your child to have a better attitude to their day.

Here are some examples of affirmation cards

<https://www.barnardos.ie/media/8672/my-own-affirmation-cards-children.pdf> your child could use and some blank ones for them to design their own affirmation cards

Encourage your child to say these out loud to themselves every morning and bring one in their pocket or bag, then they can be reminded of their affirmations when they need them the most.