

Thank You!

Thank you so much for downloading this resource! I sincerely hope that it helps you to continue making a difference in the lives of students.

About CounselorChelsey:

Hello! I am a licensed social worker with experience as a school based counselor, working in a mentorship program for teens, and am now a curriculum developer. My favorite part of my work has always been developing high quality resources for students to use. Since becoming a curriculum developer, I have loved being able to impact thousands of classrooms around the world!

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Credits For Fonts and Graphics:

<https://www.teacherspayteachers.com/Store/Kimberly-Geswein-Fonts>

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Affirmation Cards For Mirrors

Objectives:

- Students will use positive self talk.
- Students will consider positive affirmations they can use.

What's Included:

- P. 3: 18 Affirmation Cards (Color)
- P. 4: 18 Affirmation Cards (B&W)

How To Use:

- Cut out the affirmation cards, and laminate them if you'd like added durability. For extra color, print the black and white cards on colored paper.
- These affirmation cards are perfect to place on a mirror in your classroom or office. Invite students to choose 2-3 affirmations to read or repeat as they look into the mirror.
- For small groups, purchase individual handheld mirrors for each student. Allow them to choose affirmation cards and use them to decorate their mirrors.

I AM
enough

I look
great

I'M PROUD
OF MYSELF

I CAN DO
HARD
THINGS

I am
important

I am
smart

I make the
world
BETTER

I AM
STRONG

I can do
anything

I love that
I'm unique

I am
loved

I am
BEAUTIFUL

I won't
give up

I can make
good choices

I can make
a difference

I am
BRAVE

I will learn
and grow

I WILL
REACH MY
GOALS

I AM
enough

I look
great

I'M PROUD
OF MYSELF

**I CAN DO
HARD
THINGS**

I am
Important

I am
smart

I make the
world
better

I AM
STRONG

**I can do
anything**

I love that
I'm unique

I am
loved

I am
beautiful

I won't
give up

I can make
good choices

I can make
a difference

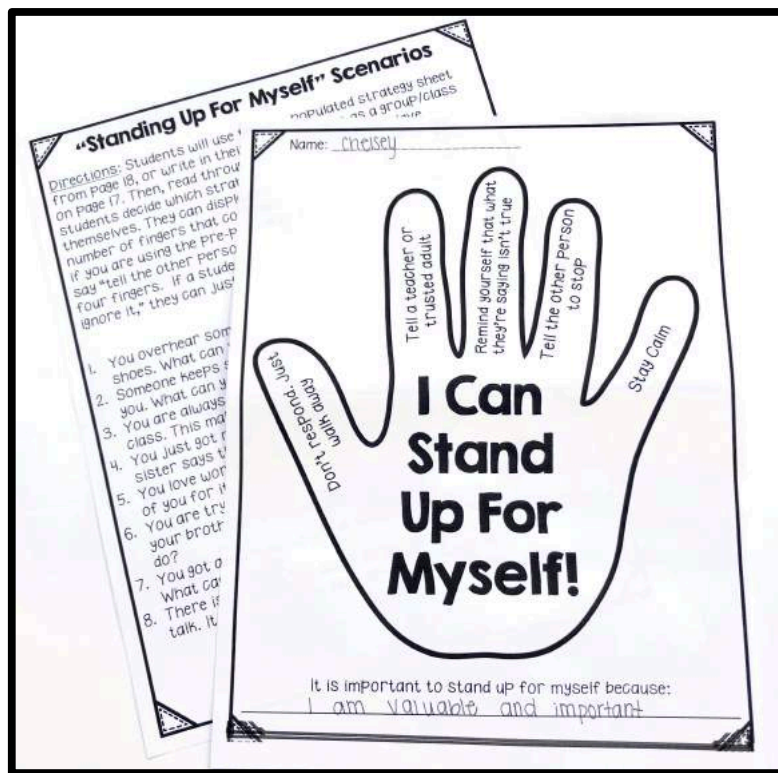
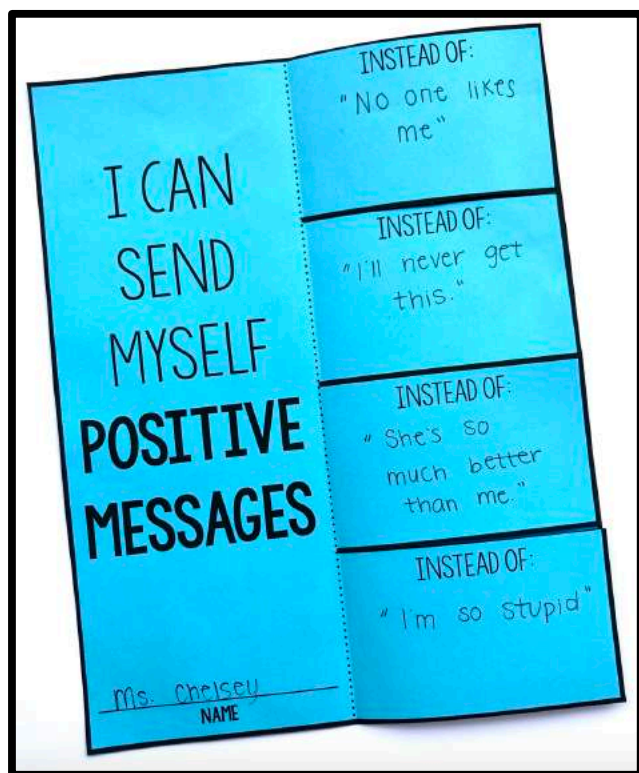
**I am
brave**

I will **learn**
and **grow**

I WILL
**REACH MY
GOALS**

TEACHING ABOUT SELF ESTEEM? USE THIS NO PREP SMALL GROUP!

This self esteem small group plan will help your students to learn about what self esteem is, celebrate their strengths, cope with low self esteem, and build the self esteem of others. This resource includes 6 NO PREP sessions that include a detailed lesson plan with objectives, discussion points and activities. There is also a survey to measure growth and two bonus activities.



SEE IT HERE:

[HTTP://BIT.LY/SELFESTEEMGROUP](http://bit.ly/selfesteemgroup)