

# COOL KIDS CAN

Empowering Children, Shaping Leaders

## Positive Affirmations & Self-Esteem Activity

This printable activity serves to encourage a growth mindset in kids, to remind them of who they are and what they can be.

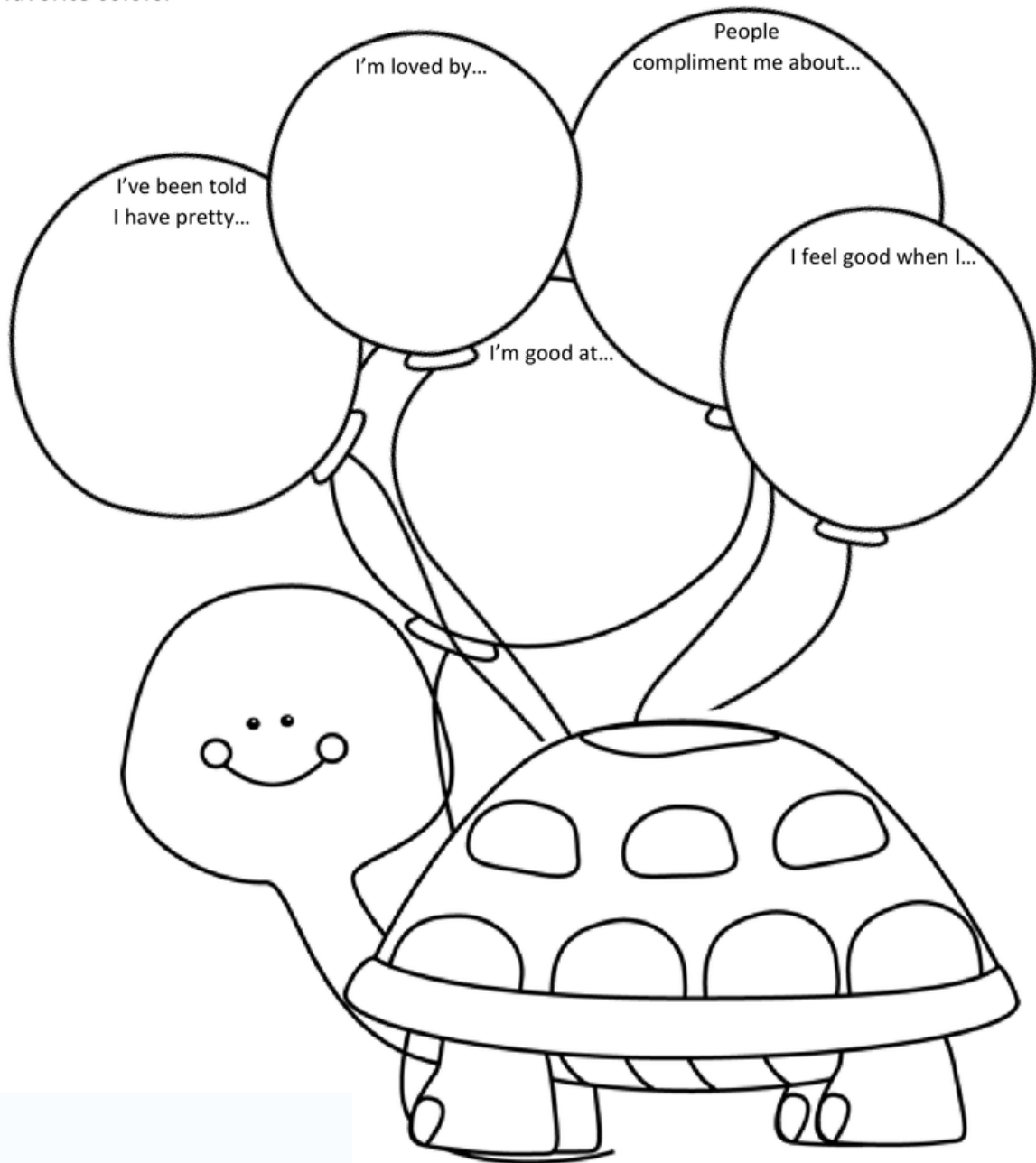
- Self-Esteem: This A4 poster can be coloured in and decorated.
- Positive Affirmations Poster – This A4 poster to be printed as is.
- Positive Affirmations Bookmark Notes: these can be printed & cut out, Gift these to a friend to remind them of their abilities too.



Name \_\_\_\_\_

# My Self Esteem

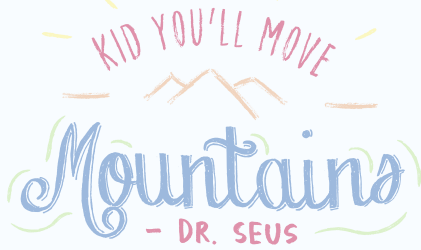
**DIRECTIONS:** Finish the sentence inside each balloon. Then color the turtle using your 3 favorite colors.





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Positive Attitude + Persistence  
+ Hard Work = Positive Results

I stand up for others who  
struggle to do so themselves

I am mindful about other  
people's feelings

Positive thoughts allowed only

The world is my oyster

Anything is possible

I choose to be happy

I can do this

I am a problem solver

I can do all things through  
Christ who strengthens me

I am brave

I am creative

I will never give up

I learn from my mistakes

Ek glo in myself

Ek glo in my drome

I am loved

I am unique, yup only one of  
me

Uitdagings help my GROEI

Boelie Issie Coolie

Be Bold Be You Be kind



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I AM CONFIDENT IN  
WHO I AM

I AM HAPPY FOR  
OTHERS' SUCCESS

TODAY I CHOOSE  
HAPPINESS

I LEARN FROM MY  
MISTAKES

I AM INTELLIGENT

I AM WORTHY OF A  
WONDERFUL LIFE

MY LIFE IS  
BEAUTIFUL

I AM IN CHARGE OF  
MY EMOTIONS

I WILL NOT COMPARE  
MYSELF TO OTHERS

MY CHALLENGES ARE  
CHANCES TO GROW

I HAVE SO MANY  
REASONS TO SMILE

I AM MY BIGGEST  
CHEERLEADER

I AM  
AWESOME

I AM A GOOD  
FRIEND

I BELIEVE IN MYSELF

I STAND UP FOR  
MYSELF

MY LIFE IS  
IMPORTANT

MY FUTURE IS BRIGHT &  
FULL OF POSSIBILITY