



I AM, I THINK I AM, I DON'T THINK I AM

PURPOSE & FOCUS

To access the child's self-esteem and world view. Discover the positive and negative beliefs the child has of him/her. Increase values vocabulary.

PARTICIPANTS

Any number of participants.

TIME ALLOTMENT

15 - 30 Minutes

ACTIVITY LEVEL

Low

MATERIALS

- Affirmation cards
- Pen or pencil
- Paper or dry erase board

PREPARATION

- Print and cut out affirmation cards on the following pages.

METHOD

- Instruct each participant to make three columns and place one of the following headings at the top of each column: I Am, I Think I Am, I Don't Think I Am.
- Read some affirmation cards and ask each participant to write the affirmation in one of the three columns according to their belief.

DISCUSSION

- Why did you put them in those columns?
 - *Encourage them to see things in more positive light and allow their peers to do so as well.*
- Let's find more things that you are or think you are.
 - *Read more cards or spread the cards out on the table and allow them to find more things that they believe they are.*

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 AM
AWESOME

I HAVE SO MANY
REASONS TO SMILE

I STAND UP FOR
MYSELF

I AM A GOOD
FRIEND

MY LIFE IS
IMPORTANT

I AM MY BIGGEST
CHEERLEADER

I BELIEVE IN MYSELF

MY FUTURE IS BRIGHT &
FULL OF POSSIBILITY

I AM TRULY
BLESSED

NO ONE CAN MAKE ME
FEEL BAD WITHOUT MY
PERMISSION

I AM WORTHY OF
LOVE

I AM BEAUTIFUL

I WON'T GIVE UP ON
MYSELF OR MY DREAMS

I TREAT MY BODY
WITH RESPECT

MY HAPPINESS DOES NOT
DEPEND ON OTHERS

I AM NEVER ALONE

I AM CONFIDENT THAT
THE REST WILL FALL IN
PLACE

MY PAST DOES NOT
DEFINE ME

I AM STRONG

I WILL LET GO OF
NEGATIVITY IN MY LIFE

I FEEL FREE TO BE
MYSELF

I AM MORE THAN
THIS MOMENT

I AM UNSTOPPABLE

I AM POWERFUL

MY HAPPINESS COMES
FROM WITHIN

MY LIFE IS FILLED
WITH LOVE