

Lesson Name:

Writing Affirmations

Student Objectives:

- Students will learn the importance of writing daily affirmations.
- Students will learn the tips for writing affirmations.

Educator Preparation:

- “I Think I Am” by Louise Hay
- “My Affirmations Organizer”
- Chart paper and markers

Introduction:

In lesson one, we discussed all of the negative thoughts that go into our brain and how we can catch ourselves when we have the negative thought and turn it into a positive thought—something that feels good to us. Yesterday, we began reading, “I Think I Am” by Louise Hay. Today, I want to finish the book so that you can see some more examples of how you can take a negative statement and turn it into a positive statement. This will help us learn how to train our brain to have more positive thoughts that then create better beliefs about ourselves.

Instruction:

(Begin reading the second half of “I Think I Am” and model your thinking voice thoughts to the students).

We've been talking about how we can change our thoughts and the things that we say to ourselves, the thoughts that we have in our brain. I now want to teach you some tips for

writing your affirmations. Let's think back to some of the adjectives you used to describe yourself. You may have come up with some negative adjectives and then changed them into positive ones. For example, some adjectives describe me as positive. I am happy a lot of the time. I am also really courageous. I know how to do hard things. I also am really good at exercise. And I'm kind to others. (Write these adjectives on chart paper so students can see them). What are five adjectives that describe you? You might look back at your "Changing Negative Thoughts" exercise from yesterday for additional help.

Interaction:

We are going to take some of those previous statements and rewrite them into affirmations. Here are some tips for writing affirmations.

Tip #1. Start with "I am or I can".

For example, you might say, "I am brave", maybe brave is an adjective that describes you. Or maybe you say, "I can be brave". Either one of those would work. What if you are funny? Then you could say, "I am funny." What if you are creative? Then you could write, "I am creative."

Tip #2. Make it positive.

We don't want to say, "I am not going to be messy anymore." That's kind of negative. We don't really like the word "not" in an affirmation statement. We want to say something positive. So instead of saying, "I'm not messy anymore", we might say, "I am becoming more organized", or "I am learning to have a clean room".

Tip #3: Pretend it is already coming true.

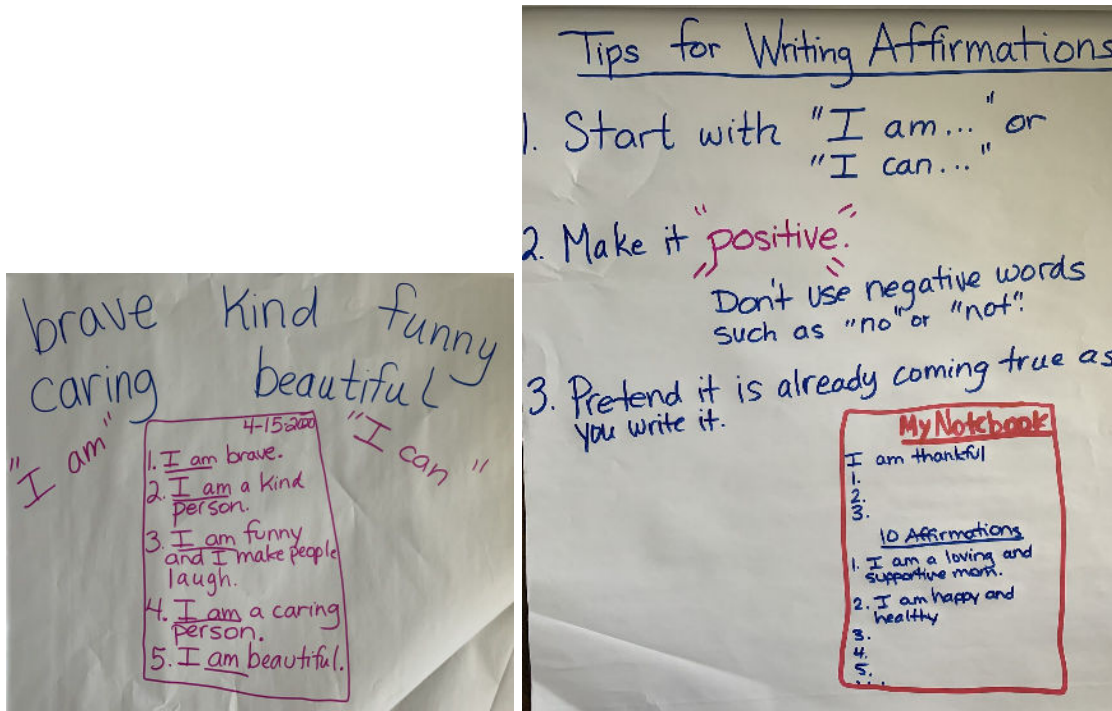
When you write your affirmations, I want you to write them every single day. Maybe you do it every morning when you wake up. Or maybe you do it every night at the supper table, or maybe you write them before you go to bed. But what's really important is for you to actually write them down every single day in a journal. Let me show you:

Let's pretend that your positive adjectives are brave, funny, caring, and beautiful. Now I'm going to take these adjectives and show you how to write them as positive affirmations.

Open your notebook page up and write the date, "April 15, 2020".

1. Brave: Remember we want to start out with that "I am" or "I can". "I am brave." It starts with "I am and it's positive".

(Keep modeling this for each of the adjectives and show students how you write them using the Tips for Writing Affirmations.)



We want to write these statements every single day. The more you write them, the more your brain starts to believe them. And the more that your brain starts to believe these positive statements about you, then the better you feel, and the more likely it is that these kinds of things are going to come true. You're going to begin to act in braver ways in your life, because you tell it to your brain over, and over, and over and then all of a sudden, your brain starts to believe it and your brain starts to show you how very brave you are—which makes you even more brave.

Closure:

Today we have been discussing the power of affirmations. Affirmations are simply statements that we write almost every single day that are positive, feel-good statements that represent how we want to be and go about in our world. And when you can do that, it makes you feel really good and happy inside.

Activity:

Fill out the “My Affirmations Organizer”