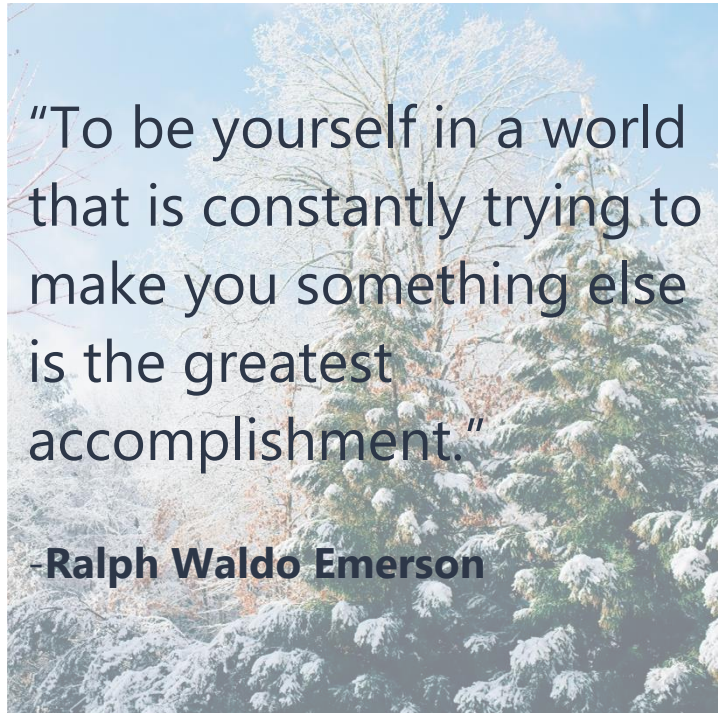


JANUARY 2023

Winter Wonders: Affirmations over Resolutions

The new year is here again, often a time of reflection and exploring new goals and expectations. Whether you're experiencing a new semester, a new opportunity at work, or want to start a new hobby, it's a great time to remind yourself of your successes and strengths. This month, we focus on affirmations and finding strengths in our values and personal growth rather than shortcomings.



Affirmations

An affirmation is a statement you say to yourself or someone else that is positive or encouraging. Try saying these to yourself or writing them somewhere you will see them each day (ex: phone screen, bathroom mirror, desk). Examples of affirmations:

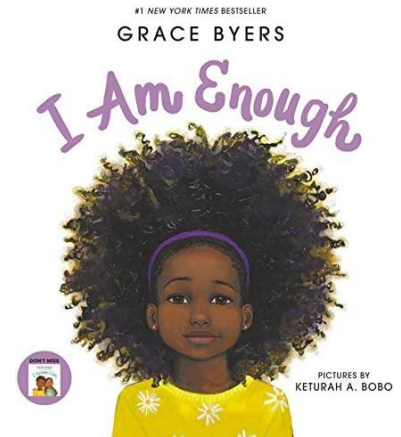
- ❖ I have many good qualities.
- ❖ Something I like about myself is _____
- ❖ I accept all the different parts of myself
- ❖ I am lovable and capable
- ❖ I believe in myself

If you don't feel like you can authentically say or believe those statements, try adding "I am learning to" in front of them. For example, "I am learning to accept all the different parts of myself" or "I am learning to believe in myself." If you aren't used to saying these things about yourself, try imagining a friend, role model, or your favorite movie character saying them to you.

Reading Recommendation:

I Am Enough: written by Grace Byers and illustrated by Keturah A. Bobo

This book includes affirmations to promote self-esteem and self-acceptance. It celebrates children for who they are and promotes positive female role models. Consider listening to the book on YouTube, read by the author herself for additional anecdotes.



Art Corner: “Wins So Far in Life” Activity

Materials: Paper, markers, & art supplies of your choice

Process: Invite your child to list on a piece of paper some experiences where they felt they succeeded and can take pride in. This could also be a collage, a group of drawings, or a paper chain to add to throughout the year. This will draw their attention to all their existing achievements. To continue this activity, they can write down things they may want to experience in the future.



Listen here!

Snoop Dogg has created the “Affirmation Song” on a new album released by Doggyland for kids. It teaches about affirmations and provides a catchy way to get your daily dose of positive self-talk. Look for this song and other Doggyland tunes on YouTube for free.