

# Sassy Mama KIDS' AFFIRMATIONS

I AM STRONG  
AND CONFIDENT

MY IDEAS  
ARE VALUABLE

IT'S OKAY TO HAVE  
**BIG**  
FEELINGS

I AM LOVED  
THE WAY I AM

I AM  
RESPONSIBLE

I WILL NOT  
COMPARE MYSELF  
TO OTHERS

I CAN LISTEN WELL

I WILL USE MY  
BREATH TO BRING  
CALMNESS

I AM OPEN  
  
TO NEW IDEAS

LEARNING IS MY  
SUPERPOWER  


I AM  
PROUD  
OF MYSELF

I LIKE TO  
HELP OTHERS  
