

“I” Affirmations Through the Alphabet

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Time Needed: 5-15 minutes

Arts Focus: Literary Arts

Age Range: 5-8

Mini-Lesson Description:

In this lesson learners are encouraged to explore the power of words and affirmations. Learners will hear, write, and repeat lines of encouragement. This activity can inspire creative writing and self-care.

Key Concepts:

Self-Confidence; Encouragement; Positivity; Spoken Word; Affirmation; Self-Care; Mindfulness.

Materials Needed/Prep:

- A place to sit and write comfortably
- Paper or note cards
- Pen, pencil, marker, or crayon
- *Optional:* Video or audio recorder

Step-by-Step:

1. Before starting the lesson take a moment with the learner(s) to breathe deeply in and out three times with eyes closed.
2. Invite a discussion about the word “affirmation”. Ask: have they heard of the word affirmation? Or, do they think words have power? Ask the learner(s) to share why or why not.
3. Explain that an affirmation is a positive word or sentence that you repeat to yourself to help you feel better, confident, and happy. Just as we eat healthy food to help our bodies grow strong and healthy, we have positive and happy thoughts to help our minds so we can grow up feeling strong and confident inside. (www.relaxkids.com)
4. Place a sheet of paper or notecard with a writing tool on the table, floor, or wherever you can write.
5. Let the learner(s) know that they are going to make a special list with positive sentences that are all about them! Learners can write these affirmations in any language they are most comfortable with. Suggested alphabet affirmation list:

I am; I am beautiful; I can create change; I can dance; I am enough; I am a friend; I am growing; I have a heart; I am intelligent; I have joy; I am kind; I can love; I am magical; I am necessary; I am original; I have purpose; I have questions; I am responsible; I can smile; I am talented; I am unique; I have a voice; I am worthy; I have x-ray vision!; I am young; I have zeal (excitement).

6. Practice saying each line together, for example the adult says “*I am beautiful*”, then let the learner(s) repeat the line aloud twice, then adult or learner can write the sentence on paper. Ask the learner(s); what does the word beautiful mean to them? After talking about the word, repeat the sentence aloud once more and then move on to the next line. As an option, you may record this lesson if you have access to allow the learner(s) to listen back to their affirmations.

Variations and Next Steps:

- After the learner(s) have practiced writing and reciting the alphabet affirmations they can:
 - Memorize their affirmations and repeat!
 - Use the letters of their name and write affirmations that highlight those letters!
- Learners who do not want to write their own affirmations can simply say the suggested alphabet affirmations with you, or choose the one they like the best to repeat, memorize, and carry with them.

Watch a video of this Creative Start Mini-Lesson and find more at: <https://www.arts.wa.gov/creative-start/>