

## 55 Positive Morning Affirmations for Kids (©HSS)

1. I am strong.
2. I am smart.
3. I am loved.
4. I like my smile.
5. I like my quirks.
6. I am surrounded by love.
7. I am proud of myself.
8. I am valuable and important.
9. I am unique and special.
10. I am fun to be around.
11. I can make mistakes and learn.
12. I am kind to myself.
13. I am gentle and patient with myself.
14. I forgive myself.
15. I am kind to my body.
16. I am beautiful inside and out.
17. I am happy being me.
18. I am my best friend.
19. I am learning to love all parts of me.
20. I am worthy of love and happiness.
21. I am worthy.
22. I choose to be happy.
23. I am allowed to feel everything.
24. I let go of what I cannot control.
25. I am open to new things.
26. I am safe and protected.
27. I let go of worries.
28. I believe in good things.
29. I am connected to something bigger.
30. I am part of the universe.
31. I am supported.
32. I receive help easily.
33. I am patient.
34. My thoughts and feelings matter.
35. I like myself more and more each day.
36. I am enough, just as I am.
37. I stand up for myself.
38. I am a good listener.
39. Learning is fun and exciting.
40. I am curious and ask good questions.
41. I am organized.
42. I am proud of my work.
43. I am smart and can learn anything.
44. I am a good friend.
45. I am kind and caring to my friends.
46. I make friends easily.
47. I listen to my friends.
48. I respect my friends' feelings.
49. I am thankful for my friends.
50. I am thankful for my family.
51. I am thankful for my home.
52. I am thankful for the sun, moon and stars.
53. I am thankful for nature.
54. I am thankful for the foods I eat.
55. I am thankful for this amazing day.

## YOU ARE Affirmations

1. You are strong.
2. You are smart.
3. You are loved.
4. You like your smile.
5. You like your quirks.
6. You are surrounded by love.
7. You are proud of yourself.
8. You are valuable and important.
9. You are unique and special.
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12. You are kind to yourself.
13. You are gentle and patient with yourself.
14. You forgive yourself.
15. You are kind to your body.
16. You are beautiful inside and out.
17. You are happy being you.
18. You are your best friend.
19. You are learning to love all parts of you.
20. You are worthy of love and happiness.
21. You are worthy.
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