

## Affirming Our Strengths (Preparation for Affirmation Box Activity)

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**Part One:** Please complete the sentences below.

- I feel good when \_\_\_\_\_
- I feel strong when \_\_\_\_\_
- I am very good at \_\_\_\_\_
- I am excellent at \_\_\_\_\_
- I am talented at \_\_\_\_\_
- People are always telling me I am good at \_\_\_\_\_
- I feel relaxed when \_\_\_\_\_
- I can \_\_\_\_\_ when I need a lift in spirits.
- I can rely on \_\_\_\_\_ to help me through a tough time.
- I draw strength from

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### **Part Two: Drawing**

If you like, draw a picture that shows what you are good at or what makes you happy. You can keep it simple. For example, if you are good at cooking, you can draw a pan or something else that represents that skill.



### Part Three: Making an Affirmation Box

An affirmation box is a place to hold your affirmations. You can open the box and read the affirmations to remind yourself of your strengths, skills, and abilities even if you are feeling down about yourself. It is a reminder that you have positive qualities and can draw from them to meet your goals. In addition to using words, the affirmation box allows you to display colors, items, and images that say something about who you are.

#### To begin:

- Pick three to five things from the list above that describes what you are good at. (You can add more if you like.) To help you decide, think about what you do in your life that makes you feel competent, strong, and positive about yourself. Create a sentence for each of these. For example:

*I am very well organized.*

*I am an excellent gardener.*

Each of these sentences is an **affirmation statement** about you. To affirm something means you are saying it is true.

- Select some colored papers from the box on the materials table.
- Cut a circle, star, or other shape from the patterns on the next page for each of your affirmation statements. You can also create your own patterns.
- Write an affirmation on each one of your shapes. Decorate it any way you like using markers or stamps.
- Paint a layer of Mod Podge over each of your affirmation statements. This will dry clear and protect your affirmation.
- If you like, share your affirmations out loud with the class or with a partner.

#### Next steps:

- Take a look at the sample affirmation box your teacher has brought in or pictures of other students' work.
- Choose a box from the collection to make your own.
- Choose some materials from the collage table. Put your materials in a plastic bag with your name on it.
- Decorate your box with paper, fabric, and other items in the collage box to reflect something about yourself and your affirmations. You can do the outside and the inside or just the outside.
- You will coat each layer with Mod Podge, which will dry clear and protect your design.
- When your box is dry, you can place your affirmations inside. This is yours to keep and use. Add to it as you discover your gifts and abilities to remind you of your strengths.





