

DAY 1

relax kids

Positive Affirmation

‘Today I will be calm like a lake’

- Repeat these to yourself to keep yourself chilled out today.



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DAY 2

relax kids

Positive Affirmation

‘Today I will be free like wind’

Repeat this to yourself to allow yourself to be creative today!



www.relaxkids.com

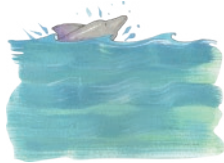
DAY 3

relax kids

Positive Affirmation

‘Today I will breathe like the tide’

- This is a great affirmation to keep your breathing steady when you feel panicked or stressed.



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DAY 4

relax kids

Positive Affirmation

‘Today I will be bright like a star’

This is a great affirmation to help you feel confident.



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DAY 5

relax kids

Positive Affirmation

‘Today I will be cool like the moon’

- This is a great affirmation to help you feel peaceful.



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DAY 6

relax kids

Positive Affirmation

‘Today I will shine like the sun’

- This is a great affirmation to help you remember how brilliant you are.



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DAY 7

relax kids

Positive Affirmation

‘Today I will be content like a cat’

This is a great affirmation to help you notice how many good things there are in your life and realise how lucky you are.



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DAY 8

relax kids

Positive Affirmation

‘Today I will be strong like stone’

This is a great affirmation to help you feel strong, centred and focused.



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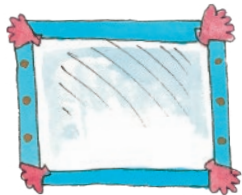
DAY 9

relax kids

Positive Affirmation

‘Today I will be honest like a mirror’

This is a great affirmation to help you remember to tell the truth and be honest.



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DAY 10

relax kids

Positive Affirmation

‘Today I will be happy like a bumblebee’

This is a great affirmation to help you feel positive and cheerful.



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DAY 11

relax kids

Positive Affirmation

‘Today I will be determined like a rocket’

This is a great affirmation to help you stay focused.



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DAY 12

relax kids

Positive Affirmation

‘Today I will be confident like a giant’

This is a great affirmation to help you feel positive and confident no matter what is going on.



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DAY 13

relax kids

Positive Affirmation

‘Today I will be private like a box’

This is a great affirmation to help you remember to stay still and quiet.



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DAY 14

relax kids

Positive Affirmation

‘Today I will be gentle like a butterfly’

This is a great affirmation to help you remember to stay gentle and kind to others.



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DAY 15

relax kids

Positive Affirmation

‘Today I will be quiet like a mouse’

This is a great affirmation to help you stay quiet and listen to what is going on around you.



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DAY 16

relax kids

Positive Affirmation

‘Today I will be positive like a peacock’

This is a great affirmation to help you feel cheerful.



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DAY 17

relax kids

Positive Affirmation

‘Today I will be beautiful like a rose’

This is a great affirmation to help you remember all the special qualities you have.



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DAY 18

relax kids

Positive Affirmation

‘Today I will be courageous like a lion’

This is a great affirmation to help you stay strong and brave.



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DAY 19

relax kids

Positive Affirmation

‘Today I will be loving like a dolphin’

This is a great affirmation to help you feel love towards your family and friends.



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DAY 20

relax kids

Positive Affirmation

‘Today I will work hard like an ant’

This is a great affirmation to help you stay focused and determined.



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DAY 21

relax kids

Positive Affirmation

‘Today I will float like a cloud’

This is a great affirmation to help you feel relaxed and calm.



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