

# Empowering Affirmation Activities

## Promote empathy for all—large and small!

Dear Teacher,

Affirmations are powerful tools that help us cultivate positive thinking and see our self-worth. We can use them to build self-esteem, improve our emotional well-being, gain confidence, and nourish a growth mindset. By consistently incorporating affirmations as an ongoing part of our daily routine, we can reduce our habitual negative self-criticism and develop a positive outlook that empowers us to achieve our greatest potential.

This animal-friendly affirmation worksheet is a terrific activity grounded in social and emotional learning and will support your students' developing self-management, help foster their natural compassion and empathy for others—no matter the differences or species—and inspire them to speak up about things that matter for the benefit of all sentient beings!

### Ways to Use Affirmations in the Classroom

- **Establish a morning routine.** Start class time on a positive note by stating affirmations and having students repeat them back together.
- **Set up an affirmation board.** Post affirmations on a bulletin board and continuously add new ones, including from students and other teachers.
- **Create desk reminders.** Print copies of affirmations for students to keep at their desks in an adhesive pocket.
- **Hang an affirmation mirror.** Stick affirmations on the frame of a mirror and hang it up in your classroom. Students will be surrounded by positive messages whenever they look at themselves.

### Instructions

1. Discuss the importance of affirmations and positive self-talk.
2. Read through the affirmations out loud with the class.
3. Have your students go through the affirmations again, circling the ones that resonate with them the most.
4. Help students use the activity sheet to create their very own *Pawsitive Thinking Fortune Teller*.

Sincerely,

**TeachKind**

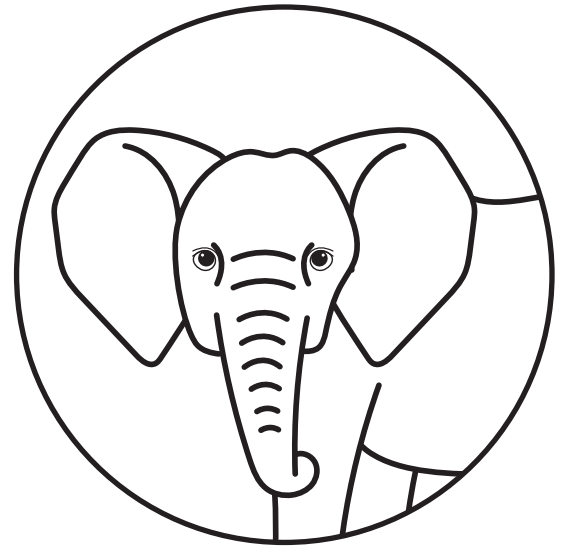
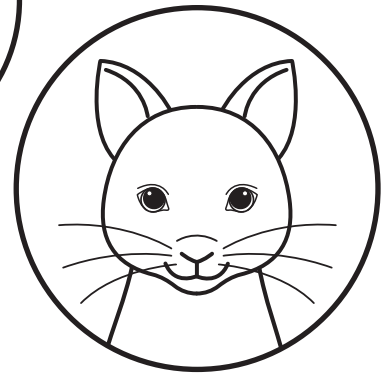
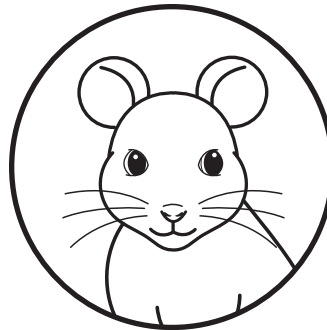
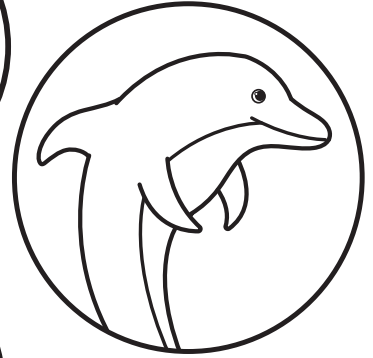
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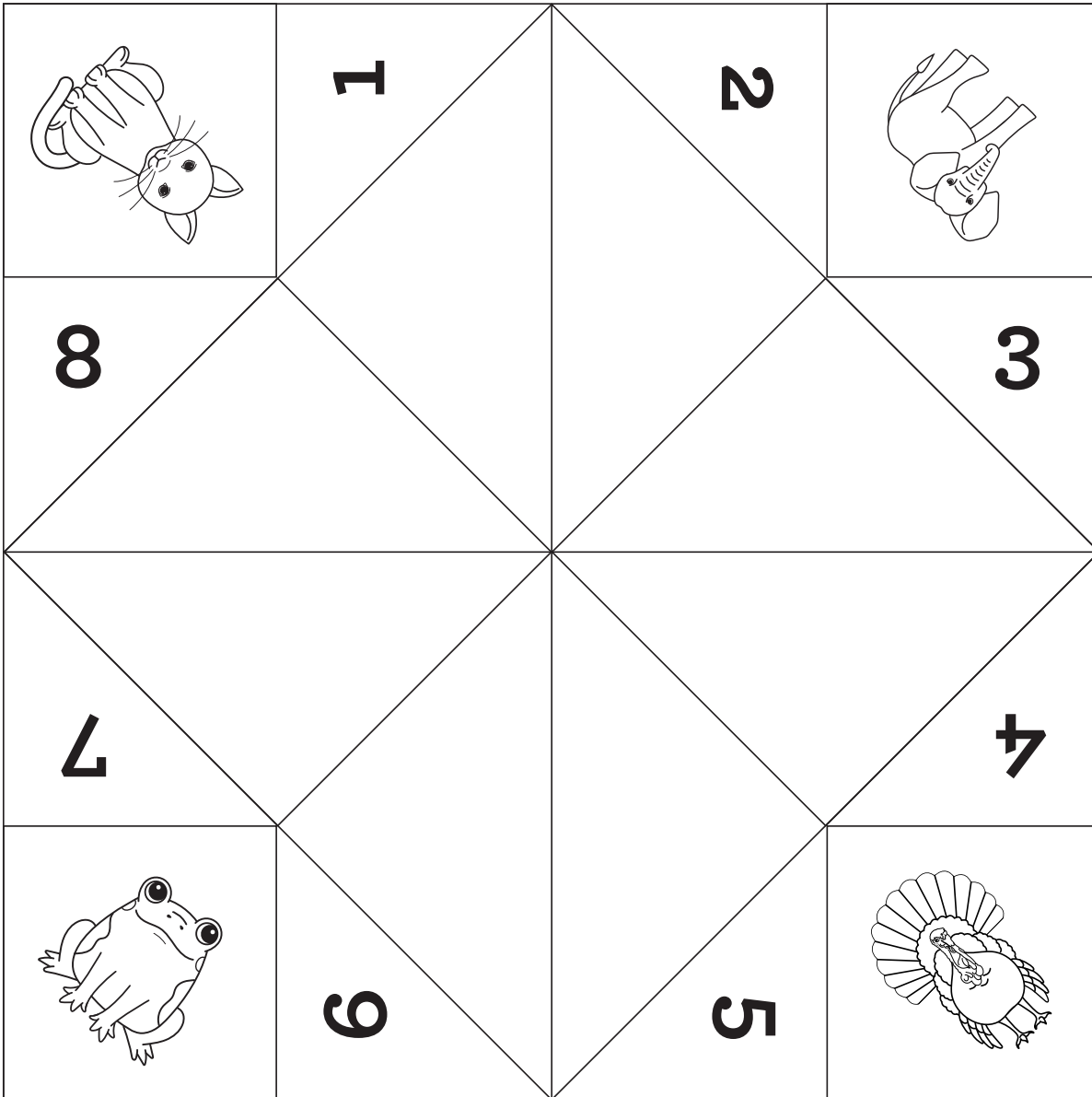
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## Pawsitive Thoughts and Affirmations

- I am an animal.
- I am a part of nature.
- I am kind to all sentient beings.
- I care about all animals, both big and small.
- I am compassionate.
- I am empathetic.
- I am a friend to animals.
- I take action to help animals.
- I am a hero for animals.
- I have a big heart.
- I spread love to others, no matter our differences.
- I am not afraid to speak up about things that matter.
- Like all animals, I deserve kindness and respect.
- Like all animals, I am unique and special.
- My opinion matters.
- I have the courage to speak up.
- I am kind and compassionate, and I encourage others to be like that, too.
- I am proud of my compassion for animals.
- I show love and respect for the Earth.
- I consider the feelings of all sentient beings.



# Make Your Own *Pawsitive* Thinking Fortune Teller!



## Directions

1. Write eight of your favorite affirmations inside the inner blank triangles.
2. Color in your fortune teller.
3. Cut around the outside of the fortune teller.
4. Fold the square in half twice.
5. Unfold the square and turn it over so that the blank side is on top. Fold each corner into the middle.
6. Turn over, and repeat step five.
7. Turn over so that the pictures are on top.
8. Fold the square in half, and slide your thumb and forefinger behind two of the pictures.
9. Place the thumb and forefinger of your other hand behind the remaining two pictures.
10. Push your fingers together so that all four corners meet in the middle.