

27 Daily Affirmations for Kids

Need some inspiration for creating positive affirmations? Here are some encouraging phrases kids can use to feel more positive, connected, and grounded:

1. I am good enough, just being myself.
2. Every day is a fresh start.
3. I deserve love and kindness, no matter what.
4. Practice helps me get better at things.
5. I take everything one step at a time.
6. I can make a difference.
7. I am thoughtful and kind.
8. I can find new ways to solve problems.
9. I look for ways to help others.
10. I learn from my mistakes.
11. There is no one in the world, just like me.
12. I can take deep breaths to calm down.
13. Challenges help me grow and learn.
14. I can always do my best in everything I do.
15. I treat myself and others with respect.
16. I encourage others to do their best.
17. I can be brave even when I'm afraid.
18. I stand up for what I believe in.
19. I get better every day.
20. When something is hard, I keep trying.
21. I enjoy new adventures.
22. I am honest and fair.
23. I'm a good listener.
24. I trust myself and make good choices.
25. I can create awesome things.
26. My smile brightens the day.
27. Being myself is great!

