The background is a solid light blue. In the top-left corner, there is a cluster of small white plus signs. In the top-right corner, there are two larger 'X' marks, one dark blue and one white. In the bottom-right corner, there is another cluster of small white plus signs. In the bottom-left corner, there are several horizontal dark blue wavy lines. A large, white speech bubble with a dark blue outline is centered on the page. Inside the speech bubble, the title 'Developing Self Worth & Confidence' is written in a dark blue, handwritten-style font. Below the title, there is a horizontal light blue line, and then the text 'Mental Health Matters' is written in a smaller, dark blue, sans-serif font.

# Developing Self Worth & Confidence

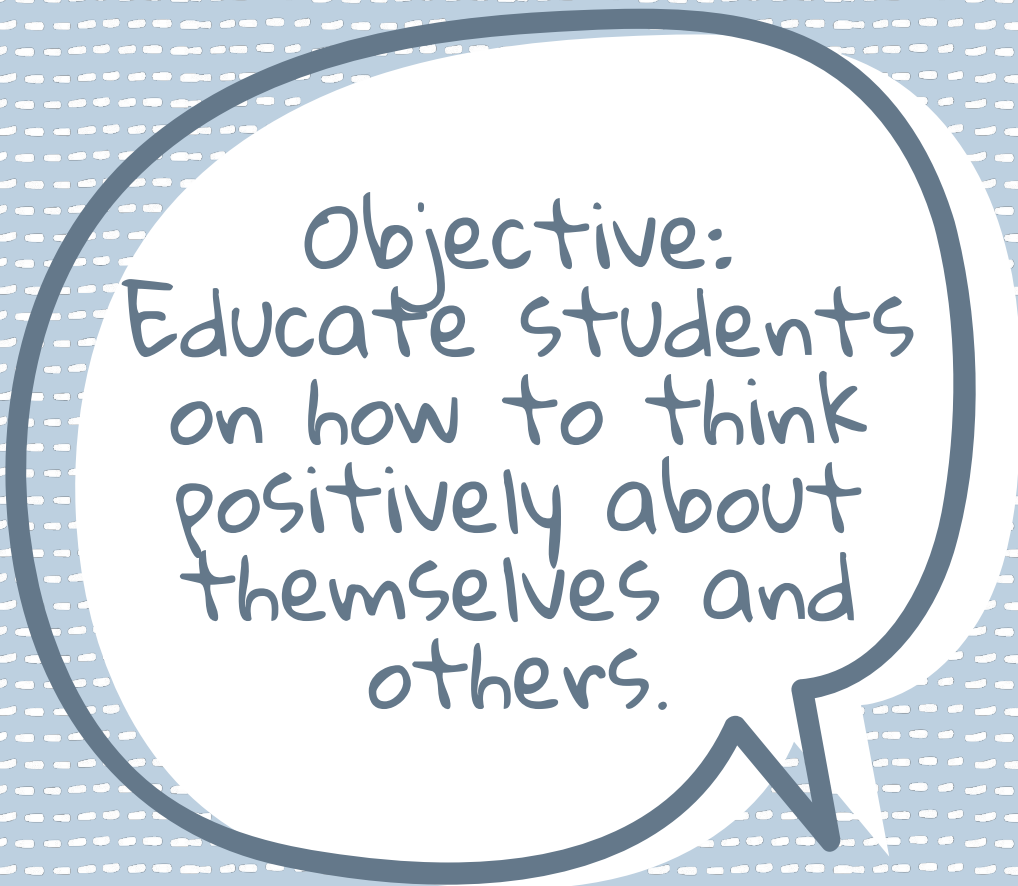
Mental Health Matters

# Before we start...



1. Do you have a positive view of yourself?

2. Do you feel accepted?



Objective:  
Educate students  
on how to think  
positively about  
themselves and  
others.

# How do your thoughts shape your reality?

Your thoughts, feelings and behavior are all linked, If you draw inaccurate conclusions about yourself you will limit your potential. Discouraging assumptions lead to feeling discouraged and cause you to try less. This can prevent you from achieving goals.

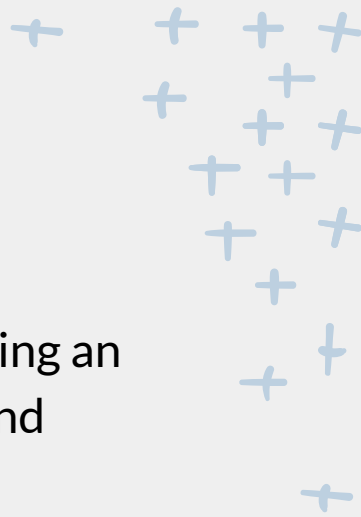
Your beliefs are enforced. When you draw a conclusion, you tend to look for evidence that reinforces your belief and discounts anything contrary.

You must challenge your conclusions. Remind yourself that you shouldn't allow beliefs to restrict your potential. You can alter your perception to change your life.

# What are daily affirmations?

Daily affirmations are defined as “simple, specific and positive statements declaring a completed goal.” They are a way of visualizing an empowered future for yourself and can have an amazingly profound effect on the mind.

Affirmations are a way of getting your mind to believe the very best of yourself. You must let go of negativity and force positive visuals through your mind.



# How can positive affirmations be used?

Positive affirmations can be used to:

- Increase lifespan
- Lower rates of stress or pain
- Develop better coping skills
- Change attitude
- Foster better relationships
- Open new opportunities





DISCUSSION:  
What are some  
positive affirmations?

# Beach Ball Affirmations Activity

Use an inflatable beach ball and write different affirmations all over the ball.

Toss the ball around. When one student gets the ball, they need to read aloud the positive words that are where their pointer finger touches.

Then, they can pass the ball to someone else and continue the process.



# ⇒ Creating Affirmations Activity

## **Affirmation of the Day**

Choose one positive affirmation for the day. Make it a point to focus on this positive thought in the morning and several times throughout the day. Once you understand the idea, you can choose multiple positive affirmations for the day.

## **Morning Affirmation Ritual**

Make positive affirmations a daily routine! Come up with a list of favorite affirmations and build time into the schedule to read them every morning. This can be done at home or first thing when you arrive at school each day.

## Bracelet Activity

We will be making bracelets to represent positive thoughts, affirmations, or anything you please!

1. Measure/cut a piece of string to fit your wrist.
2. Pick colored beads and dedicate an affirmation to each bead. (For example a red bead means “I am smart”).
3. String your bracelet.
4. Tie your bracelet.

Now when you are feeling down look at your bracelet and repeat to yourself the affirmations you dedicated to each bead!

# To close...

1. Do you feel that affirmations will have a benefit for you?

2. Would you be open to trying to add affirmations into your daily routine?