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Activity Idea

Positive Affirmation Day

Recommended for Ages 12-18

Missing your friends and school hangouts? Feeling blue and bored at home? Take a few moments each day and share a Positive Affirmation with friends and family. Do it as frequently as you'd like - even every day! Feel confident, positive, boost your self- esteem, make someone's day a little better, and bring a smile to some you know - even if it's *you*.

What you need:

- Notebook or paper
- Pencil or pen

What to do:

1. Think something positive about yourself, a friend, or a family member.
2. Write it down in a notebook so you won't forget it and can remind yourself why you, your friends, or your family member is awesome. When writing it in a notebook write the date, the time you thought of it, the name of the person (even if it's you).
3. If the positive affirmation is for a friend, text it to them, post it on their social media account, or tell a family member (smiles are extra).
4. Be realistic about your affirmations, don't say it if it's not true. For example: If your friend is terrible at drawing, don't say he/she is the greatest artist. Be genuine. Do praise their efforts and encourage them to keep on trying. *Remember to always point out something positive and stay away from negative comments*.

Examples of Positive Affirmations:

- I am glad to have you in my life
- You matter, and have a lot to offer
- We can do what we set our minds to do
- Beauty comes in all shapes and sizes
- We learn from our challenges and learn something new everyday

Now that you get the idea, go think of positive ways to brighten your day and once life goes back to normal, you'll have a ready-made journal and a guide of making people happy.