# Affirmations for Kids

I choose to be kind every day because kindness makes the world brighter

I breathe calmly and feel my body relax with every breath

I accept myself as I am and value my uniqueness

I am thankful for all the good in my life and happily notice the little wonders

I am patient and understand that good things come in their own time

My heart is full of love, and I share it with those I care about

I always tell the truth because honesty helps me be myself

I believe in myself and know I can handle any challenge