

**FANTASTIC FRIDAY - CREATE YOUR OWN AFFIRMATION**

**Supplies:** Paper, crayons/markers; Option to visit Peace Place for ideas

**CREATE YOUR OWN AFFIRMATION**

Using an affirmation can increase a child's emotional well-being, resilience, and encourage positive self-talk. Today's lesson will allow students time to create a piece of art, with an affirmation.

Centering for Mindful ME time

Students will move and breathe through one round of Seated Warrior 2 with Rainbow Arms.

**Play the video below or use the instructions Here:**

"Today, we will be creating a Rainbow Affirmation Page. You can take it home and post it as a reminder of ways you can create peace for yourself and others."

[It will be helpful to brainstorm tools learned over the seven weeks, as students may have forgotten some. This could be accomplished by reviewing items and pose cards in the Peace Place.]

"At the top of your page, in the color or colors of your choice, write "I CAN," but leave room for your hand to be traced underneath."

"Next, trace your hand. In each finger space, write or draw a tool you like to use from the mindful toolbox we have been building. Use any color that feels right. You can use this picture as a reminder that you have tools you can use when you'd like to shift how you're feeling."

Ask volunteers to share one of their "I Can" affirmations.

"Please share your poster with someone this weekend and teach them one or all of the tools you drew!"

**Continue reading**

*What's Your Favorite Color* if time allows.