

MINDFUL AFFIRMATIONS

POSITIVE THOUGHTS TO START YOUR DAY.



I APPRECIATE TODAY AND
HOW I FEEL.



I WILL SHOW MYSELF
COMPASSION.



I AM PRESENT IN THIS
MOMENT.



I WILL FOCUS ON WHAT
BRINGS ME JOY.



I AM CALM AND
PEACEFUL.



I WELCOME TODAY'S
OPPORTUNITIES.



I ACCEPT MY THOUGHTS
AND FEELINGS.



I AM CONNECTED TO
WHAT SURROUNDS ME.



I AM GRATEFUL FOR
WHO I AM.

DAILY ACTS OF KINDNESS



SAY KIND WORDS
TO YOURSELF.



SHARE AN ACTIVITY
YOU LOVE.



LISTEN
ATTENTIVELY.



GIVE YOUR BEST
EFFORT.



BE FRIENDLY AND
GENEROUS.



ENCOURAGE
SOMEONE.



FIND SOMETHING
THAT BRINGS JOY.



GIVE A COMPLIMENT
TO A FRIEND.



OFFER YOUR
HELP.



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RANDOM ACTS OF KINDNESS

IDEAS



PLANT A FLOWER.

**GIVE AN UNEXPECTED
COMPLIMENT.**



**DONATE MONEY
FOR A GOOD CAUSE.**



**CALL YOUR MOM OR DAD JUST
TO SAY I LOVE YOU.**



**FORGIVE SOMEONE WHO HAS
WRONGED YOU.**





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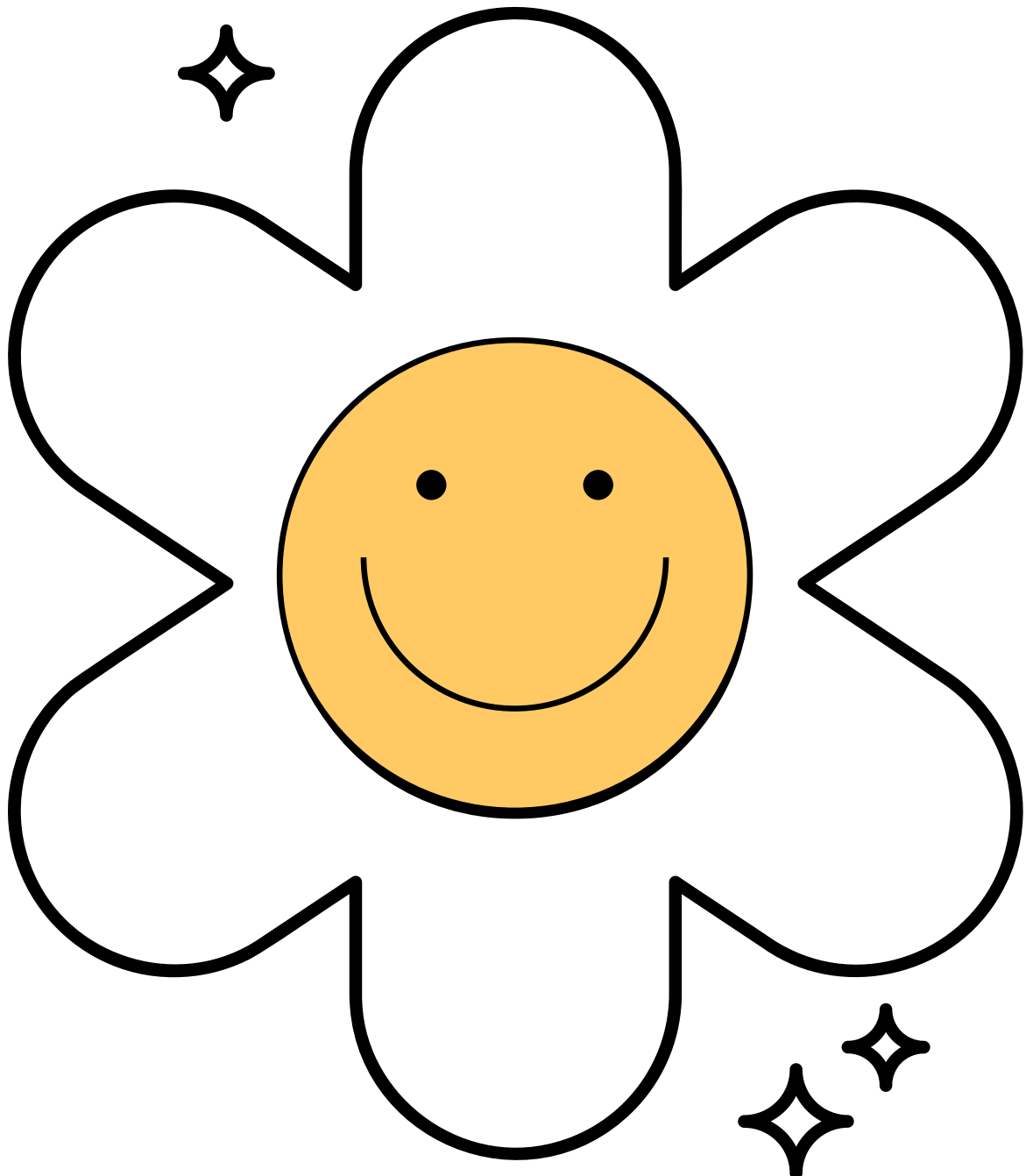


Name:

Class:

Positive self-talk flower

Write down in each petal of the flower one thing you love about yourself.



Name: _____ Date: _____

5 Ways to Be Kind

1

2

3

4

5

Kindness is...



RANDOM ACTS OF KINDNESS

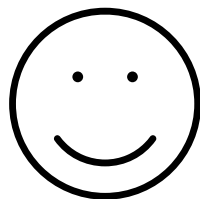
One way to leave a positive impact on individuals and the world, is to undertake random acts of kindness. Think and write about some acts of kindness you can do this week.

At school:

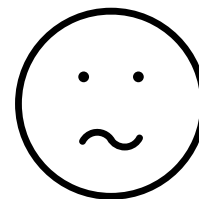
At home:

In the community:

Reflection:



I reached my targets.



I will try harder next time.