

 Frameworks  
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*SOCIAL AND EMOTIONAL LEARNING (SEL)  
& POSITIVE AFFIRMATIONS*

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## WHAT IS A POSITIVE AFFIRMATION?

*by Jordan Sims, Community Programs Specialist*

We all have a little voice in our heads, our internal dialogue that echoes our beliefs about ourselves. This little voice tends to lead us to be our biggest critics, but what would happen if we switched it to being our biggest fans? This is the power of positive affirmations! Positive affirmations are uplifting, empowering statements we tell ourselves about who we are and what we are capable of. Our beliefs about ourselves drive our behavior, so the more positively we think about ourselves the more confident and resilient we become. Positive affirmations are beneficial for any age, even adults, but are especially impactful for children who are developing their sense of self. The sooner we start a positive affirmations practice for and with our children, the more inherently these statements and beliefs will become a part of their self-concept. It is a wonderful way to build self-awareness skills, too! In this issue, we will share more about the benefits of positive affirmations and explore how adults and children alike can develop a positive affirmation practice.

### EARLY LEARNING

The power of positivity can start early! Positive affirmations can start as soon as when someone is expecting. Expectant parents can use affirmations that help reduce stress as they prepare for the baby's arrival ([Carr, 2022](#)). Then when the baby arrives, parents can work on using simple phrases that help the baby feel loved. Your child needs positive phrases that are relatable to their development like "I see you are turning your head; your mommy is here for you!" As babies grow, hearing positive messages from important figures helps them develop a stronger foundation for self-image and relationships. When children know parents care about who they are as an individual, parents are on the right path to meet their child's social and emotional needs ([Swann, 2021](#)).

### ELEMENTARY SCHOOL

The messages we give to our children play a significant role in their happiness and wellbeing ([Mightier, 2017](#)). At the elementary age, children are still discovering how the world around them makes them feel. When parents use words that promote self-love, children become more confident about new experiences. Even when children are experiencing uncomfortable emotions, parents can use positive talk that helps them overcome these emotions. Parents should guide children through the process by using phrases like "I believe in you." It is also important that parents validate the child's emotions throughout the process - "I see that you are feeling anxious," "Your feelings matter." Elementary aged children need affirmations that are focused on actions and feelings that are under their control.

### MIDDLE SCHOOL

For middle schoolers, being at school can be overwhelming, and they might experience social pressure ([Loos, 2021](#)). At this age, children can apply many skills from the core competencies of self-awareness, and parents can help children normalize all emotions. This will help middle schoolers feel more comfortable with sharing their feelings. As children become more comfortable with their feelings, they can think of positive affirmations as they practice intentional breathing. Using phrases like "My voice matters," "I'm unique," or "I'm proud of myself," will help children respond to stress in a more constructive way. Also, children can become more aware of their strengths and weaknesses, which helps them with problem solving and feel proud about their accomplishments.

### HIGH SCHOOL

Using affirmations with our teens is a great way to boost their confidence as they begin to make more complex decisions and set long-term goals. At this age young people can become great critics of their actions but they avoid sharing those thoughts because they fear that their parents might think they are not ready to be independent. As parents, you can use words to inspire them. Positive affirmation has the power to change a negative mindset to a more optimistic one even when outcomes don't turn out as expected ([Scott, 2020](#)). Parents can use affirmations that focus on attitudes or situations the teens are in. Teens should be encouraged to say affirmations on a daily basis and aloud.



## BENEFITS OF POSITIVE AFFIRMATIONS

by Carolyn Tompkins  
SEL Programs Specialist

Positive self-affirmations not only feel great for us to hear, but did you know that there is also scientific evidence that documents significant benefits? While I was researching this topic on the Positive Psychology website, I came across six benefits of positive affirmations:

- They have been shown to decrease health-deteriorating stress.
- Self-affirmations have been used effectively in interventions that led people to increase their physical activity.
- They may help us perceive potentially “threatening” messages with less opposition.
- Positive affirmations can help us make better health decisions and respond to lifestyle related temptations with an intention to better ourselves and can even result in eating more fruits and vegetables.
- They have been linked to more positive academic achievement helping to mitigate GPA decreases in students who have stated that they “feel left out.”
- Self-affirmation has been shown to lower stress and self-rumination.
- In light of these amazing impacts, keep the positive self-talk and affirmations flowing! Encourage your children to do the same and work together to create some positive mantras.

For more information on the sources cited within this subtopic, please visit:

[Positive Daily Affirmations: Is There Science Behind It? \(positivepsychology.com\)](https://www.positivepsychology.com/positive-daily-affirmations-is-there-science-behind-it/)

## POSITIVE FAMILY AFFIRMATIONS

by Emily Sewart  
Community Programs Specialist

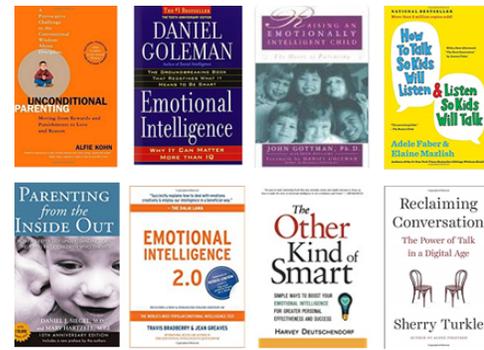
Spending quality time with your loved ones is an important and essential tool to building healthy relationships within your family, as well as a great way to practice self-care. While it can be difficult to find the time between jobs, schools, activities and other obligations – there are a few simple ways that you can continue to grow healthy, happy bonds within your family. One way to do this is to practice positive family affirmations. This can take less than 5 minutes and can be done at the very beginning of the day to ease into your morning, or the very end to wind down.

The most important part of practicing any form of positive affirmation is that you truly believe in the statements you are saying – which shouldn’t be too difficult when it comes to speaking about the love, care, and commitment you have for your own family! Here are a few positive affirmations you can use daily to guide you:

- I love my family and they love me.
- I accept my family members exactly as they are.
- The more I love myself, the more I can love my family.
- I enjoy looking after my family and home.
- I am a good parent and I love my children.

Beginning or ending your day on a positive note can truly change your outlook in life. By practicing these positive family affirmations either alone, or together with your family, you can show them that being intentionally positive can produce some amazing results!

To access free resources or purchase resources for home, classroom, or office use please visit our website:  
[www.myframeworks.org](http://www.myframeworks.org)



## RESOURCES AND READINGS

by Eddie Underwood  
SEL Programs Specialist

The best way to make positive affirmations a part of your life is to utilize them consistently and consciously as an ongoing tool and strategy for your own personal development. When used correctly, they can make a difference in how you live your life and bring lasting change. Below are resources that you will find helpful on your positive affirmation journey.

- [Benefits of Positive Affirmations \(A Guide + PDF Resources\)](#)
- [Positive Affirmations to Change Your Life](#)
- [The Start of Happiness, Top 100 List of Positive Affirmations:](#)
- [Positive Affirmations as a Resource](#)
- [Positive Affirmations: Daily affirmations for attracting health, healing, & happiness into your life.: Robins, Rachel: 9781500459956: Amazon.com: Books](#)

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