

# Popsicle Stick Positivity

## Affirmations Activity

Affirmations are positive statements that can alter your internal self-talk and motivate you to change or take action. These powerful words can boost self-confidence, reset your thinking, and support your mental health during challenging situations. Create your own affirmations with this easy, family-friendly activity!

### WHAT YOU'LL NEED

- Popsicle sticks (or strips of paper)
- Jar
- Markers

### INSTRUCTIONS

- Using a marker, write an affirmation on a popsicle stick or strip of paper.
- Place the stick/paper into the jar.
- Continue writing your positive statements on sticks until you've filled the jar.
- Keep this jar around for when you're needing some positivity or extra mental strength in your day.



### NEED INSPIRATION?

Affirmations can include quotes that inspire you, expressions of gratitude, or can directly relate to things you struggle with. Think about what you could say to impact your self-love and confidence, your resilience, and change your negative thoughts. Or, try an internet search for “affirmations” and see what resonates with you.

Affirmation examples:

- “Change your thoughts and change your life.” – Norman Vincent Peale
- I am grateful for the positive relationships in my life.
- I accept and love myself for who I am.
- My mental health is a priority.
- I breathe in confidence and exhale fear.
- I am allowed to be a work in progress.