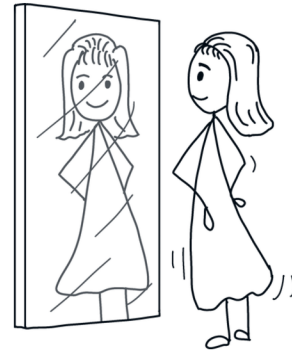


“I Am, I Can, I Will” Mirror Moment

What You’ll Need:

- A mirror (bathroom mirror, handheld, or full-length)
- Sticky notes or paper (or premade affirmations)
- Markers or crayons (or Expo markers)
- Optional: fun decorations (stickers, washi tape, etc.)



Instructions:

1. Create Affirmation Cards Together:

- a. Using sticky notes or index cards, work together to come up with several “I am, I can, I will” phrases.
 - i. I am kind. I can try again. I will keep going.
 - ii. I am strong. I can ask for help. I will do my best.
 - iii. I am enough. I can learn new things. I will believe in myself.

2. Let your child decorate around the mirror of their choice with their name, drawings, and affirmation cards.

Practice Daily Mirror Moments:

1. Each morning or night, stand together at the mirror. Have your child pick an affirmation card and say it out loud three times while looking at themselves.
2. Next, you do the activity as well as a model for your child.
3. Reflect together.
4. After a few days, ask your child:
 - How do you feel when you say those things out loud?
 - Which affirmation is your favorite?
 - When do you think you might need to say these again?

Connection Tip:

Make this a family habit! Everyone can write their affirmations and share them at dinner, bedtime, or while brushing their teeth. Even if it feels unnatural at first, keep trying it and watch the confidence grow!

I am
BRAVE

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I am
KIND

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I am
STRONG

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I am
HELPFUL

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I am
LOVED

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I am
SMART

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I am
IMPORTANT

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I am
CREATIVE

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I am
CONFIDENT

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I am

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I am

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I am

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**I can try
again**

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**I can
forgive
myself**

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**I can ask
for help**

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**I can do
hard
things**

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**I can
breathe**

© Little Minds Big Feelings

**I can
walk
away**

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**I can
learn new
things**

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**I can use
my skills**

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**I can be
kind**

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I can

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I can

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I can

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**I will
keep
going**

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**I will try
my best**

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**I will
believe in
myself**

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**I will ask
for help**

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**I will give
myself
grace**

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**I will use
my
skills**

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**I will stay
calm**

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**I will
breathe**

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**I will
never give
up**

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I will

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I will

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I will

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I AM

I CAN

I WILL

© Little Minds Big feelings

I AM

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