

# BEING KIND TO YOURSELF: MAGIC WORDS

The words we use to talk about ourselves are magic because when we say kind things to ourselves, we end up believing it. This is called 'positive affirmations'.

Finish the sentences in the clouds to write positive affirmations. Try to say them to yourself every day.

We've left some clouds empty so you can also write your own affirmations. Here are some examples to help you get started:

- I am loved.
- My best is always enough.
- I am a good friend.
- How my body looks is the least interesting thing about me.

**Positive affirmations:** Kind statements or phrases that you say over and over to help you be kinder to yourself.



## Optional add-on for older children: Letters to your future self

You can also write a letter to your future self, that you can read when you're feeling sad or bad about yourself. Use the positive affirmations to help you write your letter.

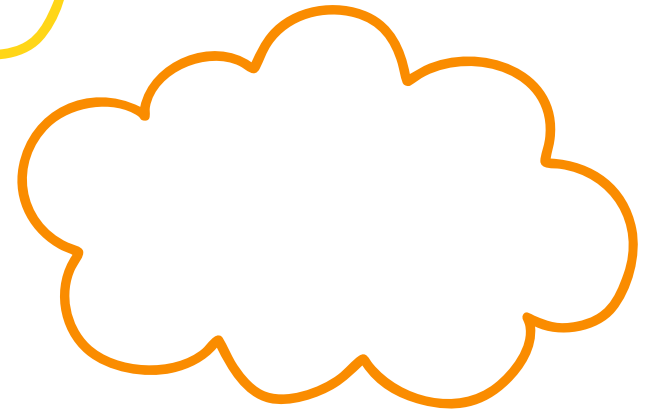
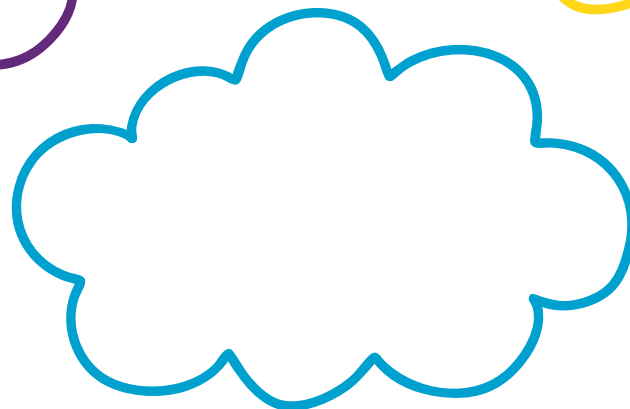
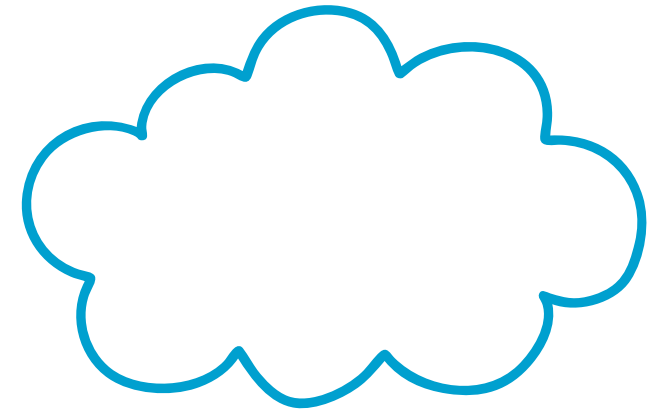
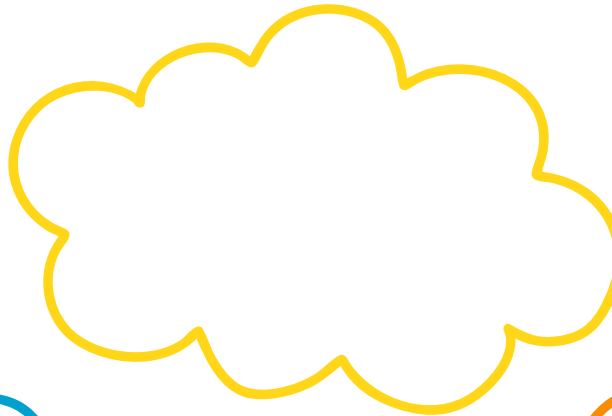
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↪ If you ever need support you can call **0800 1111**, or visit **childline.org.uk/kids**

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