



POSITIVE AFFIRMATIONS FOR CHILDREN IN TIMES OF UNCERTAINTY

1. I am safe.
2. I am loved.
3. I am calm.
4. I am protected.
5. I am supported.
6. I am not alone.
7. I am not afraid.
8. I can meet this challenge.
9. I am healthy.
10. I am peaceful.
11. I enjoy being cheerful.
12. I am a winner.
13. I am strong and I will get through this.
14. I will be okay.
15. I will focus on what makes me happy/smile.
16. I keep my body healthy.
17. I have positive thoughts.
18. I will not worry over what I have no control.
19. My anxiety does not define me.