

# MIRROR MIRROR

## **Why are Positive Affirmations Important for Children?**

As important as it is for parents, teachers, and Bigs to encourage, love and support children, it is just as important that children learn to create this within themselves. It is very empowering for a child to create positive beliefs in themselves so it is much harder for people to tear them down. Positive affirmations are very effective in nurturing self-belief in childhood. We all develop our belief systems about ourselves and the world around us from our environment. Our family and friends, role models, television, magazines and advertising can either be nurturing or damaging.

It is important that we learn to take control of our belief systems and the younger that we learn, the easier it is. Affirmations also provide us with the opportunity to learn to look at ourselves in the mirror. This is the most effective way to say an affirmation and learning to do this as a child makes it much easier to do. Affirmations teach us positive self-talk, to speak to ourselves with kindness. As we grow, we can develop a habit of criticizing ourselves, harming our own self-confidence and lowering our resilience. For children to learn positive self-talk from a young age, helps prevent self-criticism, as a strong and positive belief system has already been created from within. As bullying is such a huge issue that many children face at some time, self-confidence is the very thing that will help them deal with these situations. Keeping a positive mind is essential. This can be really difficult when children are dealing with bullying behavior. By developing positive mental pathways, children are more resilient and self-assured, coping much better than if they had a low self-esteem. Creating an inner confidence as children can shape our whole life. Every aspect of our life is affected by our self-confidence. It affects our ability to learn and participate at school, socially, creatively, our relationships, achieving our goals and dreams, and most importantly our standards. With little self-confidence, we often lower our standards or 'settle' for what we believe is achievable. Just a few positive words spoken to ourselves each day can, amazingly, make such a difference to our whole body, our mind, our heart and physically too. There is much research on how the heart and mind are wired to communicate and how a happy and positive mind can improve overall health.

## **Mirror Mirror Activity**

For this activity, children can write down at least 5 positive affirmations about themselves. Bigs can help with this process through encouraging their Littles to think positively about themselves – their personality traits, their character, their abilities, their interests/hobbies, their friends/family. Bigs can then encourage their Littles to practice picking up the mirror and reading these statements to themselves.

For matches doing this activity virtually or who do not have access to a printer, you can draw a mirror on a piece of paper and then write the affirmations inside of your mirror.



I am great at basketball.

I am a good friend to others.

I help my siblings with their  
chores.

I get good grades.

I am important.

I matter!

