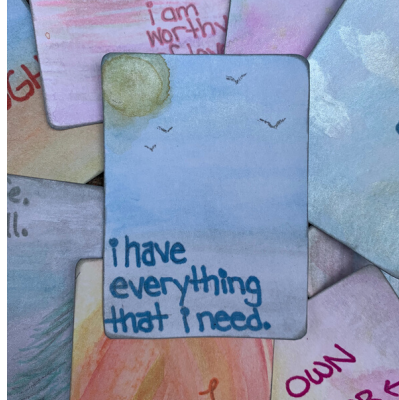


COMMON WEAL COMMUNITY ARTS Artful Isolation Activities

Week Twelve: Positive Affirmation Cards



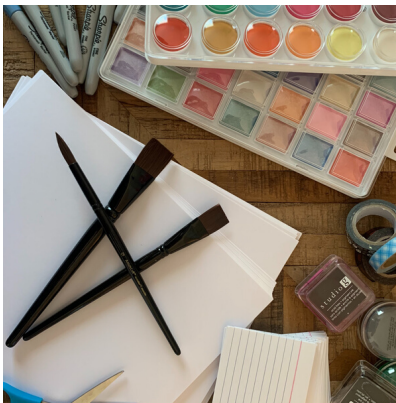
Use the power of positive affirmations to encourage and uplift yourself and others.

What are Positive Affirmation Cards? Positive affirmations are positive phrases or statements that are used to challenge negative or unhelpful thoughts.* Positive affirmations are an excellent way to boost your self-esteem, build positivity, and help you maintain emotional balance. Positive affirmation cards are an easy way to work affirmations into your life each and every day with no special effort or attention needed. And the best part is that when you make them yourself, they are completely customizable.

Why Positive Affirmation Cards? Several weeks into isolation, our Communications and Development Coordinator Nena Hawkes took notice of how many people, including herself and her children, were battling increasingly negative thoughts or feelings of self doubt. Thinking back on her use of positive affirmation cards during her pregnancies, Nena decided to create a deck of everyday affirmation cards. She then helped her children create their own cards that they could refer to when they were needing a pick-me-up or to use as a conversation starter with a parent. In her own words, "I've recognized the impact that simple, positive messages have on my children. Their disposition can completely change when they begin to recognize their self worth and become comfortable with who they are. While the internet is home to many sets of printable or pre-made affirmation cards, there's something about infusing your unique energy and creativity into your cards that makes them your own."

Suitable For: Ages 5+ (note that younger children may need support and supervision).

*Adapted from the definition at <https://positivepsychology.com/daily-affirmations/>



PHOTOS PROVIDED BY NENA HAWKES

ACTIVITY SHEET CREATED BY COMMON WEAL COMMUNITY ARTS IN SASKATCHEWAN
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What You'll Need: To get started, you'll need something to write with, paper, and scissors. You could also use index cards to simplify the process. From there you may choose to decorate your cards using watercolour paints, like Nena did, or use markers, crayons, stickers, or washi tape. You could even use polaroid photos. The possibilities are endless! These are YOUR cards and they should reflect your personality.

Getting Ready:

- Affirmations are as unique as the person creating them. You can use any affirmations or messages that you like on your cards, as long as they are positive and loving towards yourself. You can even create a themed deck that focuses on a particular challenge you're facing right now.
- Here are some ideas to get you started: Bravery and courage flow through me. My thoughts become my reality. I have everything that I need. I embrace my flaws knowing that nobody is perfect. I am worthy of love.
- Affirmations that children may find helpful include: No one controls who I am but me. I am proud of myself. I try to do my best. I believe in myself and my abilities. It's okay to feel sad.



Activity:

- Now decide how many cards you'd like to create. You may choose to start with seven cards (one for each day of the week). If you're on a roll, you could even create 31 cards and pull one card every day of the month.
- If you're using paper, you'll then choose a size to cut your cards down to. Nena used a playing card that she liked the size of as a template. Don't get too hung up on perfection here. The point of these cards is to learn to love yourself, flaws and all.
- Time to decorate your cards! If you are using paint, make sure to give them lots of time to dry before moving to the next step.
- Choose your affirmations. Write down any positive statements you want to include, then copy them onto your cards.
- If you'd like, you can add any finishing touches such as mounting them on coloured paper, adding glitter, applying ink around the edges; whatever makes you smile.

Reflection:

- Now that you've created your cards, it's time to start using them! You can pull one card each day for inspiration, anytime you need a quick boost of love and light, or even as a journal prompt. The more you use your cards, the less awkward it will feel to say nice things about yourself.
- Feel free to add new affirmations as time goes on. Think of your cards as living things that learn and grow with you.
- You may want to make a card for a friend or family member with a message you think they need to hear right now. Share it with them by placing it on their pillow, dropping it in their mailbox, or even sending them a photo.
- Positive affirmations can be very personal. If you're comfortable, share photos of your cards with us via Facebook or Instagram, tagging [@skcommonweal](#) and using the hashtags [#cwaffirmations](#) and [#cwneighbours](#).