relax Kids

Calm Cards

www.relaxkids.com

relax Kids

Today I will breathe like the tide'

This is a great affirmation to keep your breathing steady when you feel anxious or stressed.

www.relaxkids.com

relax Kids

Today I will be serene like a swan'

Repeat this affirmation and notice how relaxed you become.

www.relaxkids.com

relax Kids

Today I will be cool like the moon'

This is a great affirmation to help you feel peaceful.

www.relaxkids.com

relax Kids

Today I will float like a cloud'

This is a great affirmation to help you feel relaxed and calm.

www.relaxkids.com

relax Kids

Today I will be calm like a lake'

Repeat this to yourself to keep yourself chilled out today.

www.relaxkids.com

relax Kids

Today I will shine like the sun'

This is a great affirmation to help you remember how brilliant you are.

www.relaxkids.com

relax Kids

Today I will be content like a cat'

This is a great affirmation to help you notice how many good things there are in your life and realise how lucky you are.

www.relaxkids.com

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Today I will be strong like a stone'

This is a great affirmation to help you feel strong, centred and focused.

www.relaxkids.com

relax Kids

Today I will be honest like a mirror'

This is a great affirmation to help you remember to tell the truth and be honest.

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relax Kids

Today I will be happy like a bumblebee'

This is a great affirmation to help you feel positive and cheerful.

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relax Kids

Today I will be determined like a rocket'

This is a great affirmation to help you stay focused.

www.relaxkids.com

relax Kids

Today I will be confident like a giant'

This is a great affirmation to help you feel positive and confident no matter what is going on.

www.relaxkids.com

relax Kids

Today I will be private like a box'

This is a great affirmation to help you remember to stay still and quiet.

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relax Kids

Today I will be gentle like a butterfly'

This is a great affirmation to help you remember to stay gentle and kind to others.

www.relaxkids.com

relax Kids

Today I will be quiet like a mouse'

This is a great affirmation to help you stay quiet and listen to what is going on around you.

www.relaxkids.com

relax Kids

Today I will be positive like a peacock'

This is a great affirmation to help you feel cheerful.

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Today I will be beautiful like a rose'

This is a great affirmation to help you remember all the special qualities you have.

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Today I will be courageous like a lion'

This is a great affirmation to help you stay strong and brave.

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Today I will be loving like a dolphin'

This is a great affirmation to help you feel love towards your family and friends.

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Today I will work hard like an ant'

This is a great affirmation to help you stay focused and determined.

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Today I will be bright like a star'

This is a great affirmation to help you feel confident.

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