Affirmation Card Activity
hemisfair.org/parkitathome
Affirmation Card Supplies

- String or yarn
- Colors or markers
- Hole punch
- Scissors
- Printable

hemisfair.org/parkitathome
I am worth it!

I am proud of myself.

My opinion matters.

I spread love and kindness.
Honest: I am an honest person.

KINDNESS: I treat myself with kindness.

TRUE: I am true to myself.

RESPECT: I am worthy of respect.
Affirmation Card Instructions

Step 1: Print your affirmations on cardstock and hole punch the top of your card. You can color your affirmations and decorate them or print on color paper.

Step 2: Cut a piece of yarn the length you would like it. Make two loops and knot on either end so you can hang it on a wall or bulletin board.

Step 3: Cut small strips of yarn to knot through the top of each card.

Step 4: Hang your affirmations somewhere you can see them each day.

Share your cards with us!