



**KNOW YOURSELF**

**USING AFFIRMATIONS TO  
START THE YEAR OUT RIGHT**



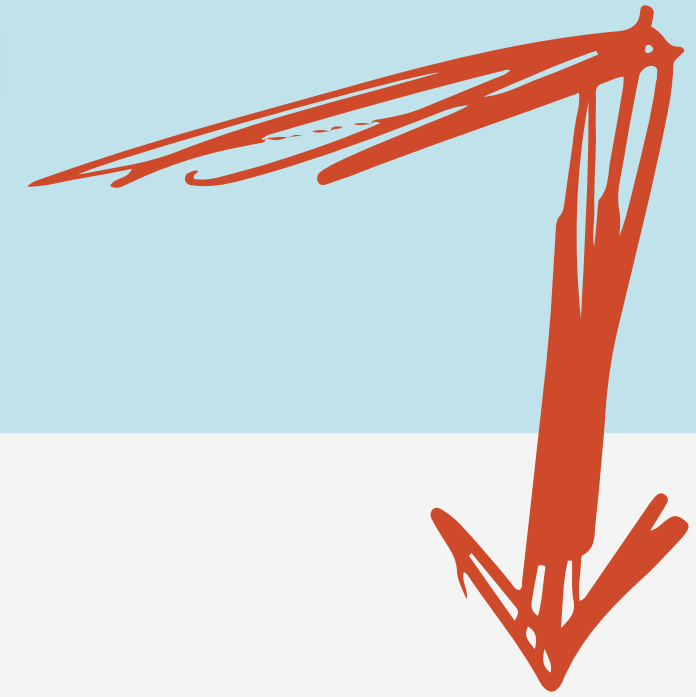
# INTRODUCTION

Today, we will:

- \* Explore how affirmations can support our personal growth.
- \* Reflect on our own experiences with affirmations and learn about their power.
- \* Embrace all emotions and discover how affirmations can help us move toward liberation and joy.
- \* Create a personal affirmation to inspire resilience and confidence.



# SEL CONNECTION



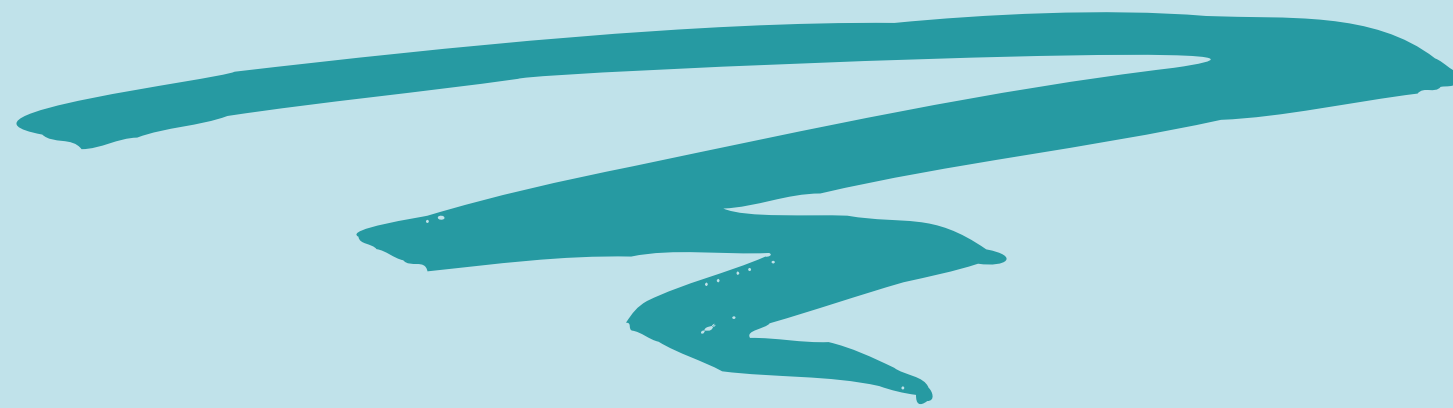
Today, we will practice **self-awareness** by reflecting on personal emotions and experiences. We will also practice **self-management** by learning constructive ways to process and express emotions.





# ICEBREAKER

# THE ANSWERS *IN THE* ROOM



## THE ANSWERS IN THE ROOM

You've been chosen to star in a viral show called Future Me!



**If you could give yourself one piece of advice to keep in your mind every day, what would it be?**

Think about what would help you survive middle school or high school, conquer a life challenge, or simply have fun!

## THE ANSWERS IN THE ROOM

Now, pair up and share your advice with a partner.

Lastly, act as if you are on Future Me and share your advice with the class! (Make it **FUN** and be **CONFIDENT**)



# LESSON PART ONE

# THE POWER OF POSITIVE WORDS





# THE POWER OF POSITIVE WORDS

- Define “affirmation” in your own words.
- Who are affirmations for?
- Why do people use them?





# ICEBREAKER



WATCH A VIDEO

## THE POWER OF POSITIVE WORDS

Watch the video of Summer Strawbree sharing her journey with affirmations.





## THE POWER OF POSITIVE WORDS

### AFFIRMATION

A positive statement that promotes confidence, self-belief, and emotional resilience.

*Example:* "I am beautiful. I am a leader. I am fearless."





# THE POWER OF POSITIVE WORDS

## DISCUSSION QUESTIONS

- What stood out to you about Summer's story?
- What is your relationship with affirmations? Have you used them before? Is there a song or movie you like that incorporates them?
- Why do you think affirmations might feel hard or uncomfortable for some people?





# THE POWER OF POSITIVE WORDS

## PAIR - SHARE

- Talk about myths or hesitations around affirmations.
- Brainstorm ways affirmations can help with self-awareness and growth.





LESSON  
PART TWO

# UNLOCKING THE POWER OF AFFIRMATIONS





## UNLOCKING THE POWER OF AFFIRMATIONS

Affirmations are everywhere. Here are a few examples:

- "I know I can be what I wanna be." ("I Can" by Nas)
- "Keep ya head up." ("Keep Ya Head Up" by Tupac Shakur)
- "I deserve it all." ("Man in the Garden" by Kendrick Lamar)





## UNLOCKING THE POWER OF AFFIRMATIONS

Choose one affirmation that resonates with you.

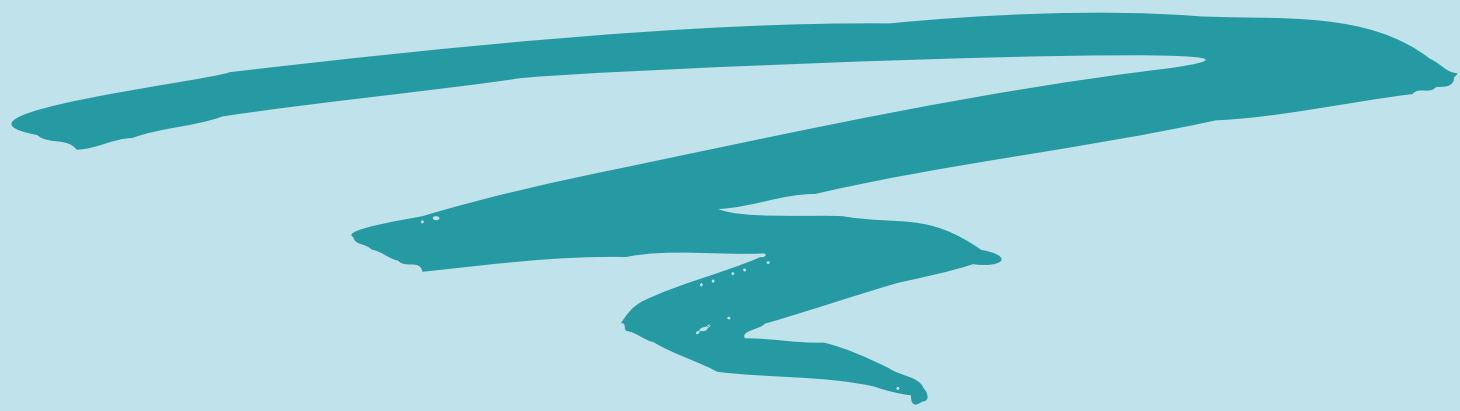
- Why did you choose this affirmation?
- How might it support you in your life?





# LESSON PART THREE

# CREATING PERSONAL AFFIRMATIONS





## CREATING PERSONAL AFFIRMATIONS

- 1) **Create Your Affirmation:** Think about something you need to hear daily to encourage your self-growth.
- 2) **Write your affirmation.** Share anonymously by adding your affirmation to the class list.



## CREATING PERSONAL AFFIRMATIONS

### REFLECT

Write a short response to these questions:

- Why did you choose this affirmation?
- How do you think it will support you during hard times?





# DEBRIEF / EXTENSION



# THE POWER OF AFFIRMATIONS

I will read each affirmation aloud from the class list.

You will chant each affirmation back as a group.

