

Self-affirmations

Here are some examples of positive self-affirmations you can cut out and use on your spinner! Or make up your own!

I am my own superhero.

I am adventurous.

I am in charge of how I feel.

Today, I am a leader.

I am enough.

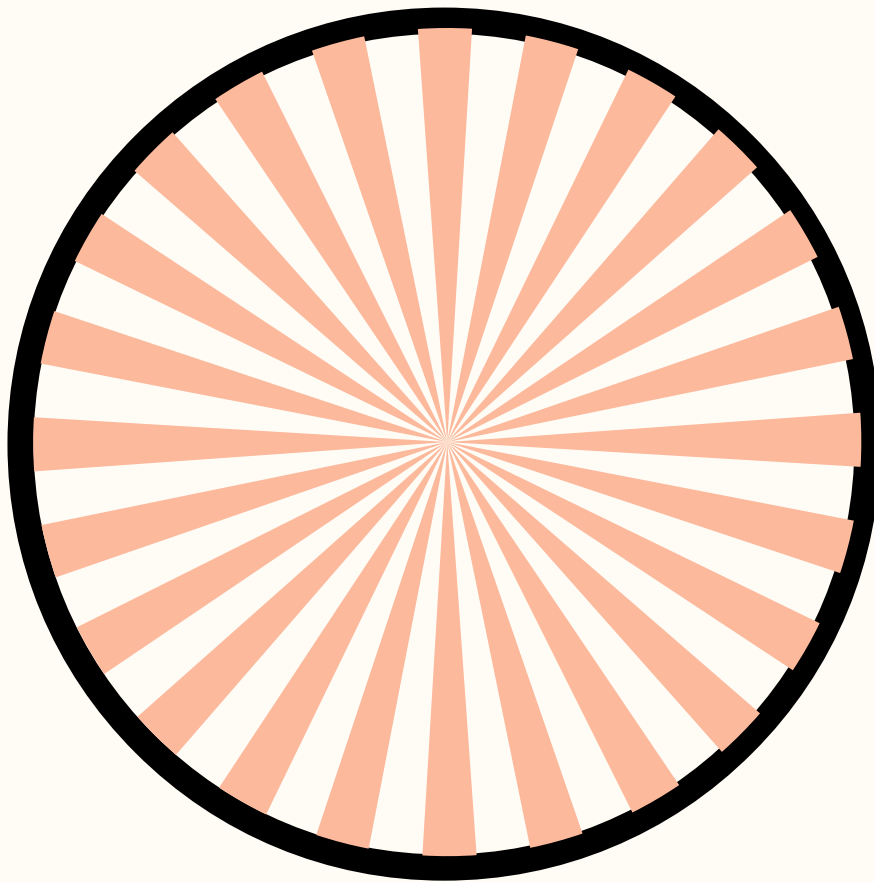
I am kind.

I am caring.

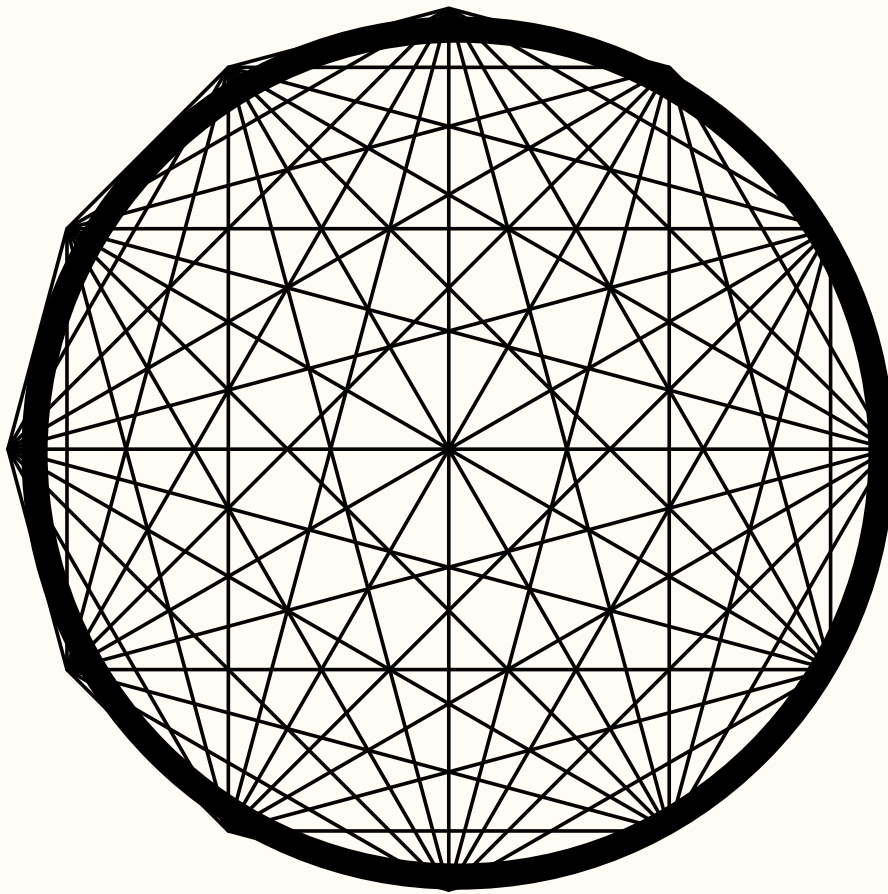
I am courageous.

Spinner Template 1

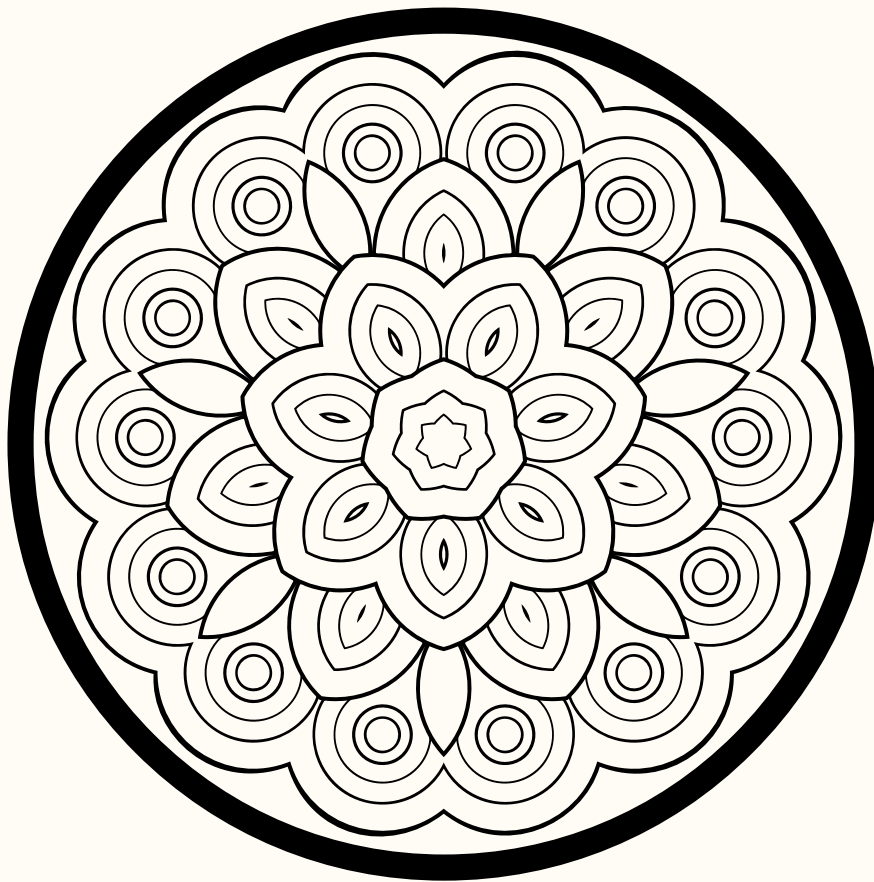
Enjoy some calm and mindful time colouring, decorating and cutting out your spinner!



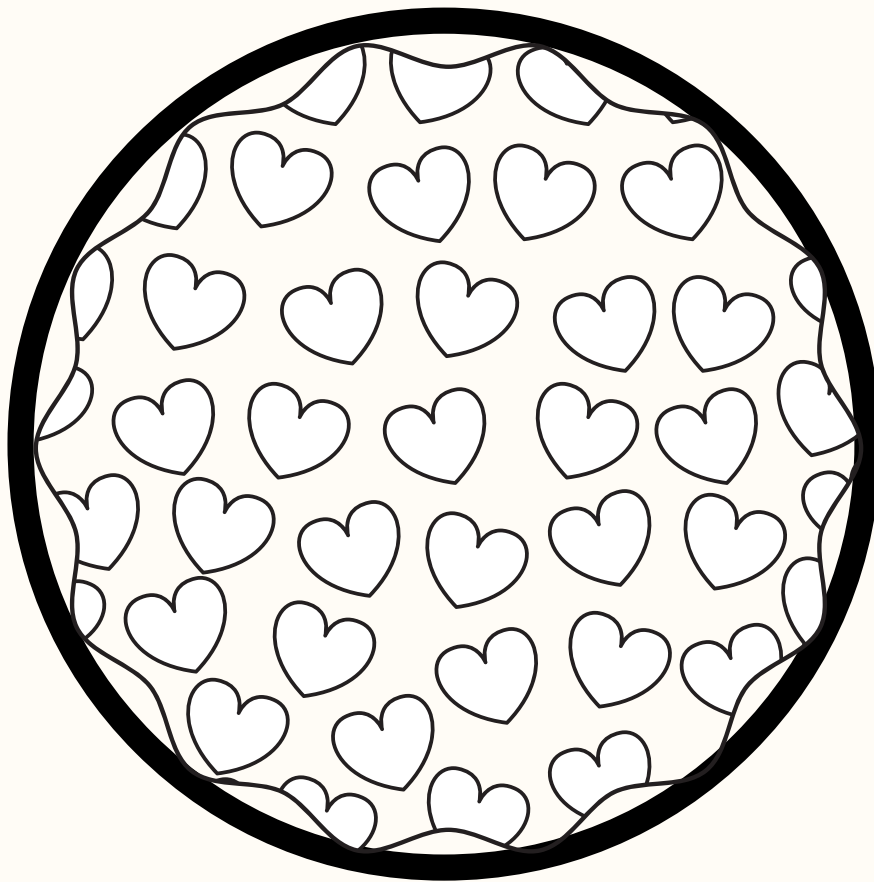
Spinner Template 2



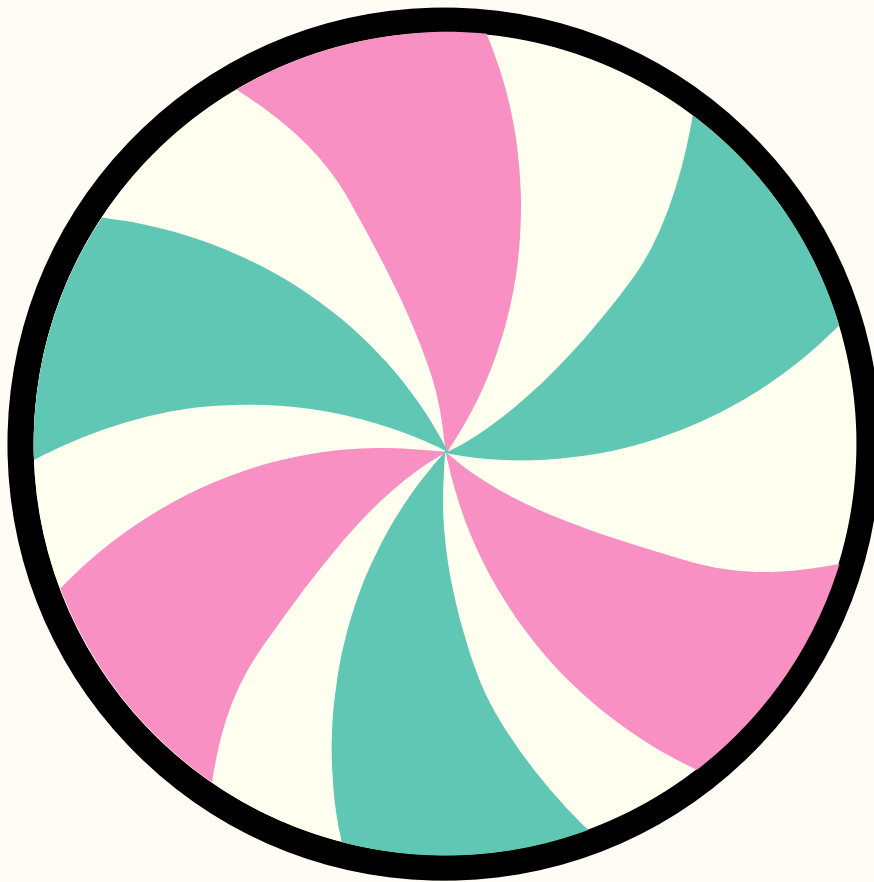
Spinner Template 3



Spinner Template 4



Spinner Template 5



Spinner Template 6

Use the sunbeams on this template to write your self-affirmations on!

