45 Affirmations for Daily Encouragement for Children

A moment to pause, reflect, and choose a useful next step.

1. I am allowed to be new at something.
2. One mistake does not make me a bad child.
3. I can use kind words about myself.
4. My questions are worth asking.
5. I can like things that my friends do not like.
6. I do not have to win to enjoy a game.
7. My ideas can be different from someone else's.
8. I can feel proud of trying something difficult.
9. I deserve to be spoken to kindly.
10. I can ask someone to show me again.
11. I can try one small part first.
12. I can say when the instructions are confusing.
13. I can learn from a wrong answer.
14. I can take time with a tricky word.
15. I can practise without getting everything right.
16. I can notice something I understand better today.
17. I can ask for tools that help me learn.
18. I can enjoy learning even when it takes time.
19. I can tell a trusted grown-up when something worries me.
20. I can ask another trusted adult if I still need help.
21. I can say no to a touch I do not want.
22. I can tell someone when a secret makes me uncomfortable.
23. I can ask where to go when I feel unsure.
24. I can ask for a quiet place when noise feels like too much.

25. I can say that I need a break.
26. I can tell a trusted adult if someone keeps being unkind.
27. Getting help is a useful thing to do.
28. I can invite someone to play without making them say yes.
29. I can ask to take a turn.
30. I can listen when a friend says stop.
31. I can feel sad and ask for company.
32. I can say what upset me without calling someone a name.
33. I can apologise when my words hurt someone.
34. I can choose a different game when a game feels unkind.
35. I can enjoy time by myself and still like my friends.
36. I can notice someone being thoughtful.
37. I can remember one thing I enjoyed today.
38. I can thank someone who helped me.
39. I can put a worry into words or a drawing.
40. I can ask a grown-up about tomorrow's plan.
41. I can leave a difficult task and try again with help.
42. I can be happy about a small improvement.
43. I do not have to be cheerful every moment.
44. I can choose a kind sentence to remember.
45. Tomorrow can bring another chance to learn.

Choose words that feel believable. Pair them with a small action. Affirmations support reflection; they do not guarantee outcomes or replace professional care.

Source: https://affluma.com/daily-encouragement-children-affirmations/