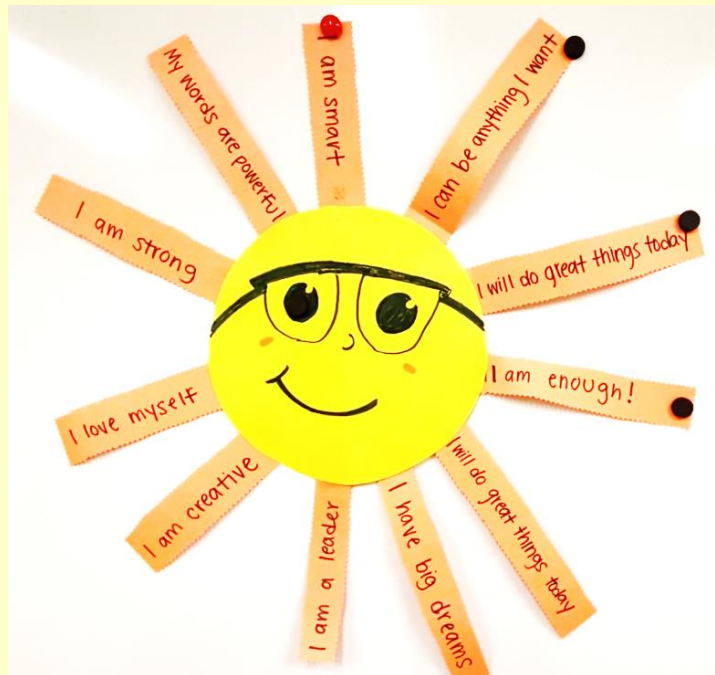


Affirmation Sun Activity

What is a positive affirmation?

Positive affirmations are words of encouragement that we can give to ourselves or others!

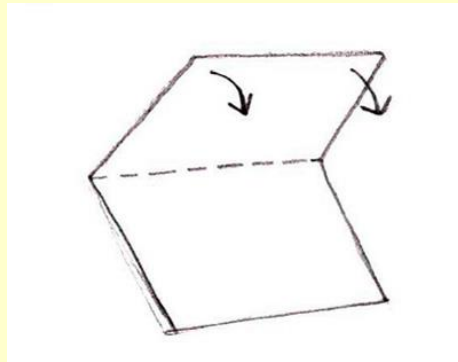


Materials

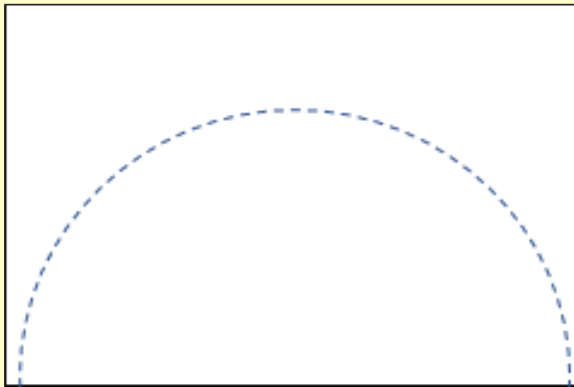
- 2 sheets of construction paper (orange or yellow will work best)
- Scissors
- Glue stick or tape
- Markers, colored pencils, or crayons

Directions

- 1) Take your first sheet of construction paper (either color) and fold it in half “hamburger” style.



- 2) On your folded sheet of paper draw a half circle on the fold.



- 3) Have an adult help you use scissors to cut along the line you just drew.
- 4) Unfold your paper to show a full circle.
- 5) Next take your other sheet of paper and fold it “hamburger” style
- 6) Draw 4 lines going from the fold to the edge of your paper.
- 7) Have an adult help you cut along each of these lines.
- 8) After cutting you should have 5 long stripes of paper.
 - If you want, instead of drawing a straight line you can use wavy cut scissors or use straight scissors to cut wavy lines.

- 9) Cut each of the stripes in half, you can also cut them to be different sizes.
 - You should have 10 stripes total.
- 10) Using your tape or glue stick, attach each stripe onto the edge of the circle you cut out earlier. These are the rays of your sun!
- 11) On the center of the sun, decorate it however you want! We recommend adding a silly or happy face to your sun.
- 12) On each of your sun rays, write one positive affirmation about yourself!
 - For the first one, you can write “I am enough”.
- 13) To come up with positive affirmations start with “I am _____” and fill in the blank with something positive about yourself!
- 14) The last step is to hang up your sun somewhere where you can see it every day. Each day when you see it, read the affirmations out loud to remind yourself that you are enough!

Examples of Positive Affirmations:

I am enough
I am a leader
I am brave
I am smart
I am creative
I have big dreams
I can be anything I want
I respect other people
I will do great things today

