

relax Kids

Calm Cards

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relax Kids

*Today I will
breathe like
the tide'*

This is a great affirmation
to keep your breathing
steady when you feel
anxious or stressed.

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*Today I will
be serene
like a swan'*

Repeat this affirmation
and notice how relaxed
you become.

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*Today I
will be cool
like the moon'*

This is a great
affirmation to help you
feel peaceful.

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*Today I will
float like a
cloud'*

This is a great
affirmation to help you
feel relaxed and calm.

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*Today I will
be calm like
a lake'*

Repeat this to yourself to
keep yourself chilled out
today.

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*Today I
will shine
like the sun'*

This is a great affirmation to help you remember how brilliant you are.

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*Today I will
be content
like a cat'*

This is a great affirmation to help you notice how many good things there are in your life and realise how lucky you are.

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*Today I will
be strong
like a stone'*

This is a great affirmation to help you feel strong, centred and focused.

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*Today I
will be honest
like a mirror'*

This is a great affirmation to help you remember to tell the truth and be honest.

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*Today I
will be
happy like a
bumblebee'*

This is a great affirmation to help you feel positive and cheerful.

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*Today I
will be
determined like
a rocket'*

This is a great affirmation to help you stay focused.

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*Today I
will be
confident like
a giant'*

This is a great affirmation to help you feel positive and confident no matter what is going on.

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*Today I will
be private
like a box'*

This is a great affirmation to help you remember to stay still and quiet.

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*Today I will
be gentle like
a butterfly'*

This is a great affirmation to help you remember to stay gentle and kind to others.

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*Today I will
be quiet like
a mouse'*

This is a great affirmation to help you stay quiet and listen to what is going on around you.

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*Today I will
be positive like
a peacock'*

This is a great affirmation to help you feel cheerful.

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*Today I
will be
beautiful like
a rose'*

This is a great affirmation to help you remember all the special qualities you have.

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*Today I
will be
courageous
like a lion'*

This is a great affirmation to help you stay strong and brave.

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*Today I will
be loving like
a dolphin'*

This is a great affirmation to help you feel love towards your family and friends.

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*Today I will
work hard
like an ant'*

This is a great affirmation to help you stay focused and determined.

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*Today I
will be
bright like a
star'*

This is a great affirmation to help you feel confident.

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