

Positive Affirmations

Using positive affirmations can help with your child's emotional well-being, levels of anxiety, their self-esteem and general confidence. When self-esteem is increased, it can help to build resilience to challenging life situations and events.

The link below takes you to a short youtube clip which you may find useful to support your child's emotional well-being.

[Positive Affirmations Video](#)



I AM
thankful