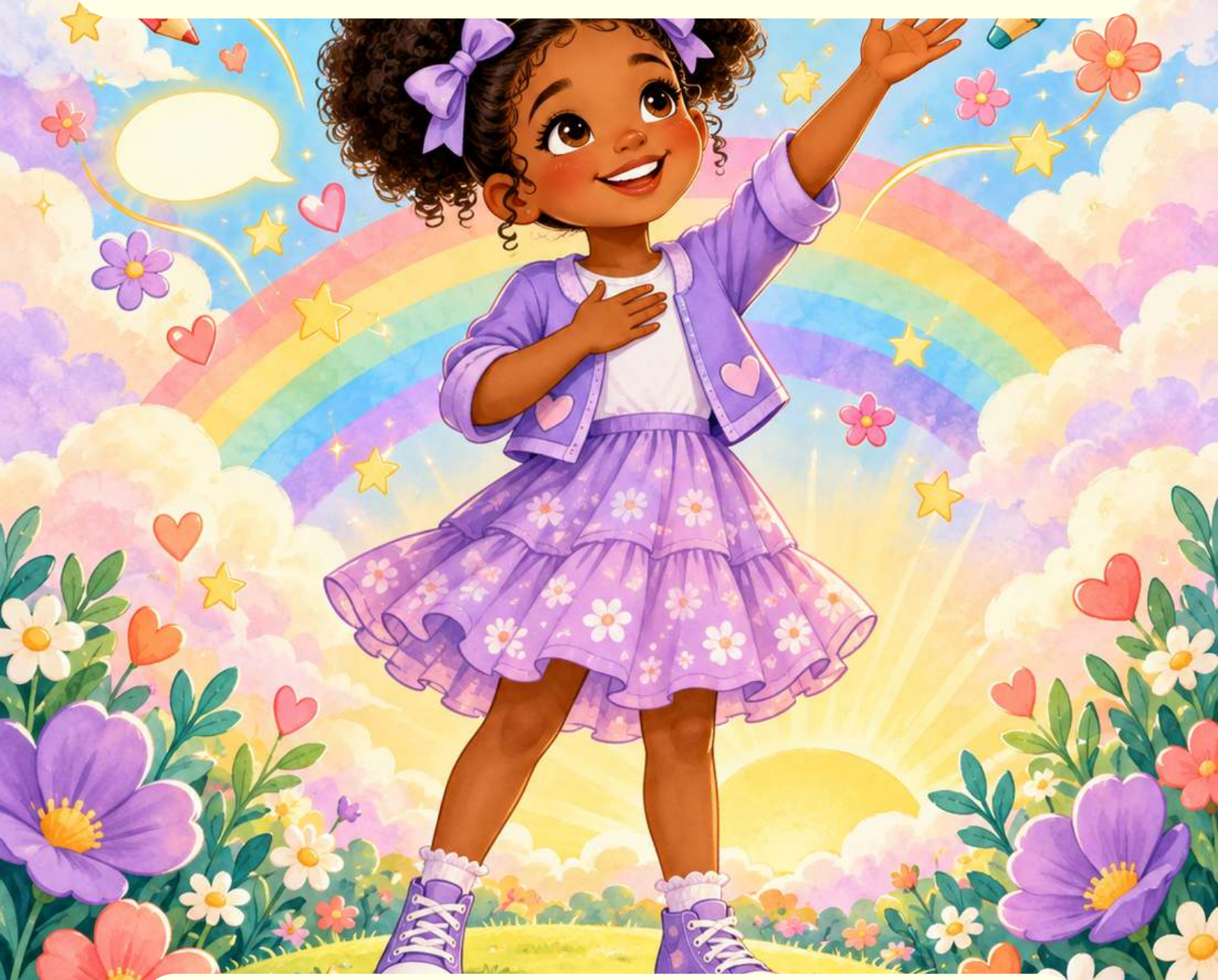
ALANNAH'S AFFIRMATIONS

COLORING BOOK



Color It - Say It - Believe It

Ages 4-8

THIS BOOK BELONGS TO...



Write your name on the line.

I am special. I am growing. My words can help me remember the good things that are already inside me.

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A NOTE FOR GROWN-UPS

Affirmations grow stronger through warmth, repetition, and connection.

Affirmations work best when they feel safe and believable. Invite the child to color, trace, and say each phrase. Never force a child to repeat words that feel uncomfortable.

Connect the words to real moments: 'You kept trying that puzzle. That was brave.' Specific encouragement helps the affirmation feel true.



Try adding 'I am learning to...' when a statement feels too big. For example: 'I am learning to believe in myself.'

Use one page a day, one page a week, or let the child choose the words they need most.

HOW TO USE THIS BOOK

There is no wrong way to color your confidence.

1

COLOR IT

Make the picture your own.

2

TRACE IT

Slowly trace the affirmation.

3

SAY IT

Say the words in your own voice.

4

LIVE IT

Look for one way to practice it.

I AM LOVED

Color the picture. Trace the words. Say them with Alannah.



I am cared for, even on hard days.

I AM LOVED

Who makes you feel loved?

I AM BRAVE

Color the picture. Trace the words. Say them with Alannah.



Being brave means trying even when I feel nervous.

I AM BRAVE

Draw a star for one brave thing you did.

I AM KIND

Color the picture. Trace the words. Say them with Alannah.



My words and actions can help someone feel good.

I AM KIND

What kind thing can you do today?

I AM SMART

Color the picture. Trace the words. Say them with Alannah.



I can think, wonder, ask questions, and solve problems.

I AM SMART

What do you love learning about?

I AM CREATIVE

Color the picture. Trace the words. Say them with Alannah.



My ideas are special, and I can make new things.

I AM CREATIVE

Add your own design to Alannah's picture.

I AM STRONG

Color the picture. Trace the words. Say them with Alannah.



My body, heart, and mind can grow stronger.

I AM STRONG

What helps you feel strong?

I AM UNIQUE

Color the picture. Trace the words. Say them with Alannah.



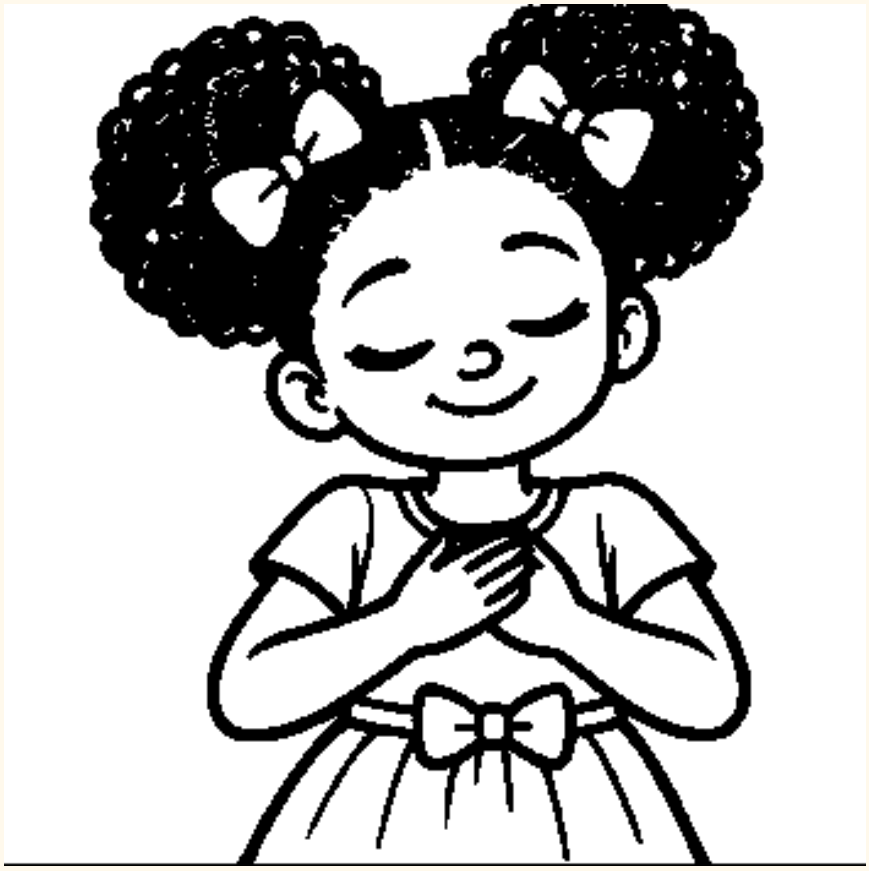
There is only one wonderful me.

I AM UNIQUE

Color the mirror with your favorite colors.

I AM ENOUGH

Color the picture. Trace the words. Say them with Alannah.



I do not have to be perfect to be worthy.

I AM ENOUGH

Place your hand on your heart and say it twice.

I AM CAPABLE

Color the picture. Trace the words. Say them with Alannah.



I can learn how to do hard things step by step.

I AM CAPABLE

Name something you learned to do.

I AM LEARNING

Color the picture. Trace the words. Say them with Alannah.



Every question and every try helps my brain grow.

I AM LEARNING

What would you like to learn next?

I AM HELPFUL

Color the picture. Trace the words. Say them with Alannah.



I can make a difference with small helpful actions.

I AM HELPFUL

How can you help at home or school?

I AM HONEST

Color the picture. Trace the words. Say them with Alannah.



I can tell the truth and make things right.

I AM HONEST

Honesty helps people trust me.

I AM PATIENT

Color the picture. Trace the words. Say them with Alannah.



Some good things need time, care, and practice.

I AM PATIENT

What is worth waiting or practicing for?

I AM CALM

Color the picture. Trace the words. Say them with Alannah.



I can slow my breath and soften my body.

I AM CALM

Take one slow breath before coloring.

I AM A GOOD FRIEND

Color the picture. Trace the words. Say them with Alannah.



I can listen, share, include others, and be kind.

I AM A GOOD FRIEND

What makes someone a good friend?

I AM PROUD OF MYSELF

Color the picture. Trace the words. Say them with Alannah.



My effort matters, even before I finish.

I AM PROUD OF MYSELF

What are you proud of today?

I CAN LEARN FROM MISTAKES

Color the picture. Trace the words. Say them with Alannah.



A mistake can teach me what to try next.

I CAN LEARN FROM MISTAKES

Turn one mistake into a new idea.

I CAN TRY AGAIN

Color the picture. Trace the words. Say them with Alannah.



I can pause, make a new plan, and give it another try.

I CAN TRY AGAIN

What would you like to try again?

I CAN ASK FOR HELP

Color the picture. Trace the words. Say them with Alannah.



Asking for help is a smart and brave choice.

I CAN ASK FOR HELP

Who is a trusted grown-up you can ask?

MY VOICE MATTERS

Color the picture. Trace the words. Say them with Alannah.



My thoughts, feelings, questions, and boundaries matter.

MY VOICE MATTERS

Practice saying: Please listen to me.

MY DREAMS MATTER

Color the picture. Trace the words. Say them with Alannah.



My dreams can begin with one small step.

MY DREAMS MATTER

Draw one dream in the stars.

I BELONG

Color the picture. Trace the words. Say them with Alannah.



I deserve to be welcomed, included, and respected.

I BELONG

Color every friend in the picture.

I CHOOSE JOY

Color the picture. Trace the words. Say them with Alannah.



I can notice little moments that make me smile.

I CHOOSE JOY

What brings you joy?

I BELIEVE IN MYSELF

Color the picture. Trace the words. Say them with Alannah.



I can cheer for myself while I learn and grow.

I BELIEVE IN MYSELF

Say it loudly: I believe in me!

MY FAVORITE AFFIRMATION

Choose the words you want to remember most.

My favorite affirmation is:

_____

These words help me because...

_____

_____

_____

Draw yourself living your affirmation.

CREATE YOUR OWN AFFIRMATION

Begin with I AM, I CAN, or MY...

My new affirmation:

_____

What does it mean to you?

_____

_____

_____

Draw a picture for your affirmation.

AFFIRMATION CHAMPION

Certificate of completion



This certificate proudly belongs to

for practicing powerful words, brave thoughts, and belief in themselves.

DATE

GROWN-UP SIGNATURE



KEEP SHINING!

Your kind voice belongs to you. Use it to remind yourself how loved, capable, and important you are.

Color it. Say it. Practice it. Believe it.