

Volume 3: "Affirmations are Magic"

Mommy Teaches The Young Ninja

"Affirmations Are Magical"



Age Group: Elementary (K-5)

Duration: 2-3 weeks

Learning Objectives:

- **Understand positive self-talk**
- **Build self-confidence and self-esteem**
- **Create personal affirmation practices**
- **Develop growth mindset**

Classroom Activities:

- **Daily affirmation circles**
- **Create personal affirmation posters**
- **"Magic Words" vocabulary building**
- **Peer affirmation exchanges**

Assessment:

Students create and present their personal affirmation collection

Volume 3: "Affirmations are Magic"

3-Week Implementation Plan

Week 1: Power of Words

Lesson 3.1: Magic Words Introduction (Day 1)

- **Objective:** Understand how words affect thoughts and feelings
 - **Materials:** Book, word cards (positive/negative), mirrors
 - **Opening (5 min):** Read pages 1-8 about magical affirmations
 - **Activity (15 min):** "Word Power" experiment - say positive/negative words, notice body response
 - **Practice (15 min):** Create first personal affirmation
 - **Closing (5 min):** Share affirmations in circle
 - **Homework:** Say personal affirmation 10 times daily
-

Lesson 3.2: Creating Personal Affirmations (Day 2)

- **Objective:** Learn affirmation structure and personalization
 - **Materials:** Affirmation templates, colorful paper, markers
 - **Opening (5 min):** Share homework experiences
 - **Activity (20 min):** Build affirmations using formula: "I am..." "I can..." "I will..."
 - **Practice (10 min):** Practice saying affirmations with confidence
 - **Assessment:** Students create 5 personal affirmations
 - **Homework:** Choose 3 favorites to practice daily
-

Lesson 3.3: Affirmation Delivery (Day 3)

- **Objective:** Learn effective ways to say affirmations
 - **Materials:** Mirrors, recording devices (optional)
 - **Opening (5 min):** Review favorite affirmations
 - **Activity (15 min):** Practice different delivery methods (whisper, normal, strong voice)
 - **Practice (15 min):** Mirror work with affirmations
 - **Assessment:** Students demonstrate confident delivery
 - **Project:** Record affirmations for home practice
-

Week 2: Affirmations in Action

Lesson 3.4: Subject-Specific Affirmations (Day 4)

- **Objective:** Create affirmations for academic subjects
- **Materials:** Subject area cards, academic affirmation examples

- **Opening (10 min):** General affirmation practice
 - **Activity (15 min):** Create affirmations for math, reading, science, etc.
 - **Practice (15 min):** Use before academic activities
 - **Assessment:** Students create subject-specific affirmation sets
 - **Homework:** Use academic affirmations before homework
-

Lesson 3.5: Emotional Affirmations (Day 5)

- **Objective:** Use affirmations for emotional regulation
 - **Materials:** Emotion cards, situation scenarios
 - **Opening (5 min):** Check in on academic affirmation use
 - **Activity (20 min):** Create affirmations for different emotions (sad, angry, worried, excited)
 - **Practice (15 min):** Role-play using affirmations in emotional situations
 - **Assessment:** Students demonstrate appropriate affirmation use
 - **Reflection:** Journal about emotional changes
-

Week 3: Mastery and Sharing

Lesson 3.6: Affirmation Art and Sharing (Day 6)

- **Objective:** Create visual reminders and teach others
 - **Materials:** Art supplies, poster board, decorative materials
 - **Opening (10 min):** Share emotional affirmation successes
 - **Activity (20 min):** Create affirmation posters/artwork
 - **Practice (10 min):** Affirmation circle - students share favorites
 - **Assessment:** Students present affirmation artwork
 - **Final Project:** Teach affirmations to family member
-

Final Assessment:

Students demonstrate confident affirmation delivery and explain when to use different types.