**😊 AIMS For Kids 😊**

**AFFIRMATIONS**

Affirmations are positive statements that help children feel confident and happy. Here's how to create them:

1. **Keep It Simple**: Use short, easy-to-understand sentences.
2. **Make It Positive**: Focus on what you want to achieve or feel.
3. **Use "I Am" Statements**: Start with "I am" to make it personal.

**Examples:**

* I am brave.
* I am kind.
* I am a good friend.

**Activity**: Have your child repeat their affirmations each morning or before bedtime.

**INTENTIONS**

Intentions are goals or wishes for the day. They help children focus on positive actions and behaviours.

1. **Be Clear and Specific**: Choose a simple goal for the day.
2. **Keep It Achievable**: Make sure it's something your child can do.

**Examples:**

* Today, I will share my toys.
* Today, I will listen to my teacher.
* Today, I will try my best.

**Activity**: Ask your child to set an intention each morning and discuss how they did at the end of the day.

**MANTRAS**

Mantras are short phrases repeated to help focus and calm the mind. They can be used when your child feels upset or needs to relax.

1. **Keep It Short**: Just a few words are best.
2. **Make It Calming**: Choose words that soothe and comfort.

**Examples:**

* Peace and calm.
* Breathe in, breathe out.
* I am safe.

**Activity**: Teach your child to say their mantra while taking deep breaths whenever they need to feel calm.