

POSITIVE MIRROR MESSAGES

Our words become our thoughts, and this also applies to children. It's important we surround them with positive, encouraging language. These simple and fun Positive Mirror Messages will boost your child's self-esteem and confidence when they need it the most.



How to use your Positive Mirror Messages

1

Print and cut out the speech bubbles.
Customize your own positive mirror messages using the blank bubbles on page 5.



2

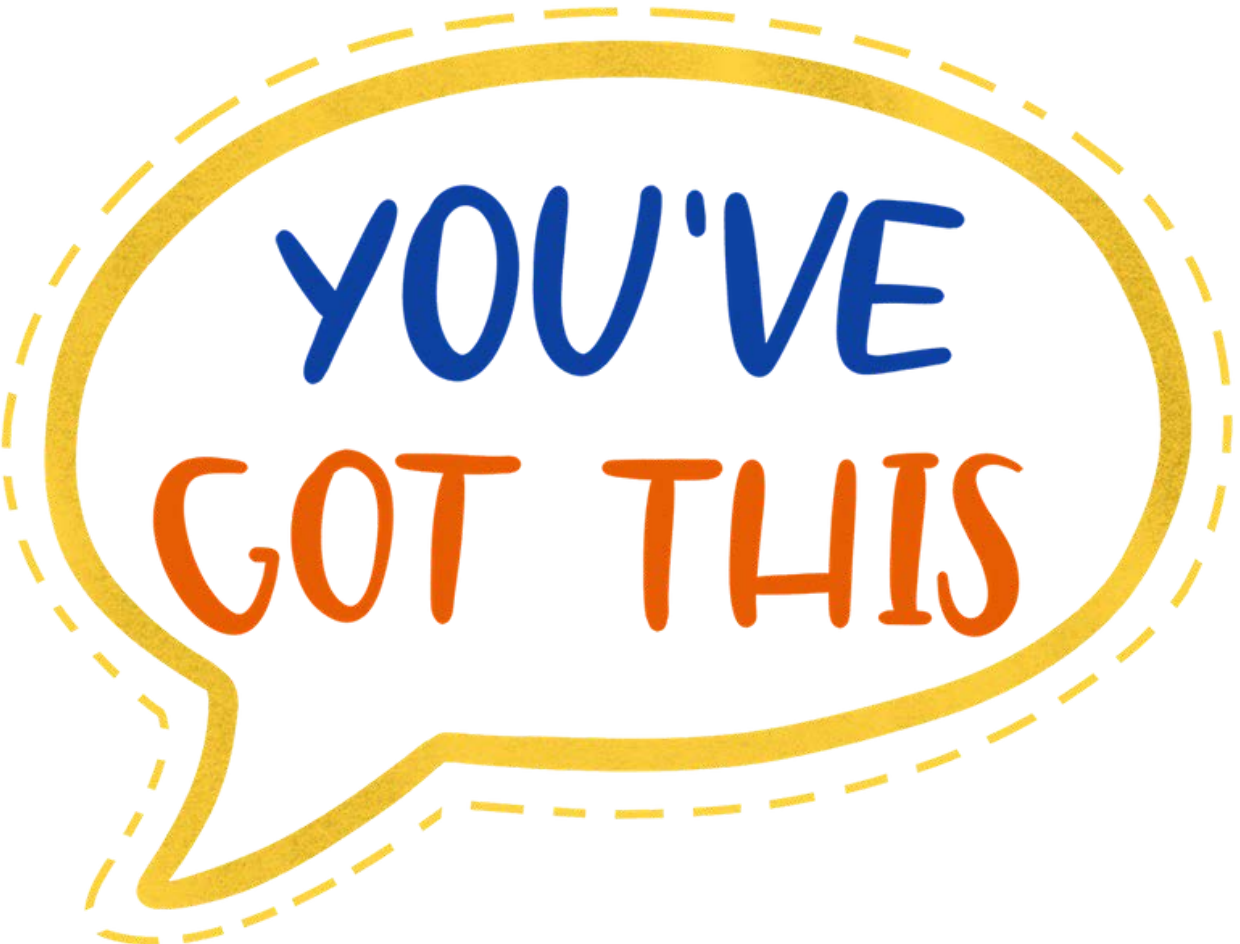
Tape to a mirror your child often uses.



3

You can also place the positive messages on a bedroom wall, in a school locker, on the inside of your front door, or anywhere your child will see them often.



A yellow speech bubble with a dashed yellow outline. Inside, the text "YOU'VE GOT THIS" is written in a bold, hand-drawn style. "YOU'VE" is in blue and "GOT THIS" is in orange.

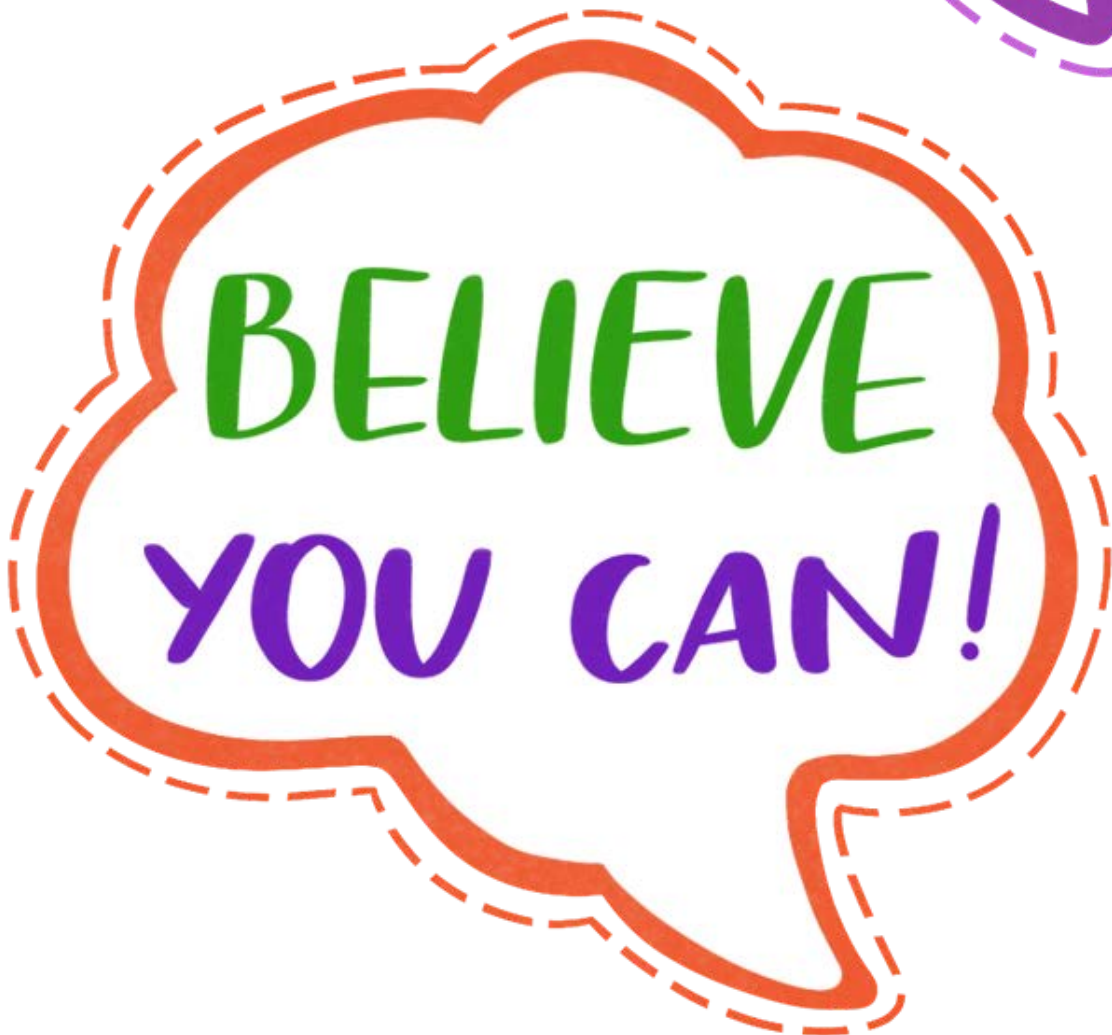
YOU'VE
GOT THIS

A green speech bubble with a dashed green outline. Inside, the text "TAKE ONE STEP AT A TIME" is written in a bold, hand-drawn style. "TAKE" and "AT A TIME" are in orange, while "ONE STEP" is in green.

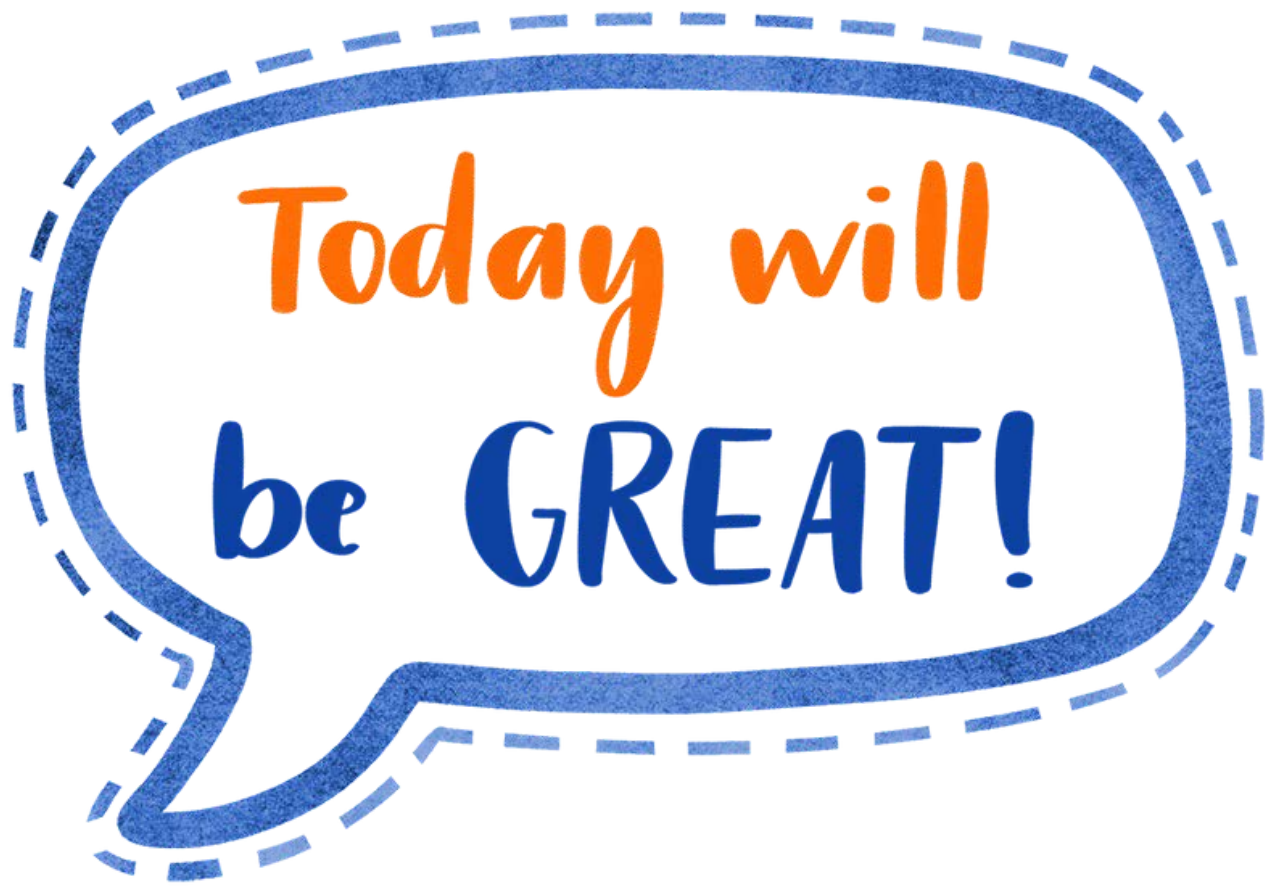
TAKE
ONE STEP
AT A TIME

A purple speech bubble with a dashed purple outline and a solid purple border. It contains the text 'ALWAYS LOVE YOURSELF' in a blue, hand-drawn, uppercase font.

ALWAYS
LOVE
YOURSELF

An orange speech bubble with a dashed orange outline and a solid orange border. It contains the text 'BELIEVE YOU CAN!' in a green, hand-drawn, uppercase font for 'BELIEVE' and a blue, hand-drawn, uppercase font for 'YOU CAN!'.

BELIEVE
YOU CAN!





9

CREATIVE ways to boost your CHILD'S CONFIDENCE

Big Life Journal

1 MIRROR SPEECH BUBBLES

You'll Need: Bathroom mirror, our free printable, scissors, adhesive

Step 1: On colourful paper, write or type messages to inspire and encourage your children or students.

Step 2: Cut the messages out in the shape of speech or thought bubbles and stick them around a mirror.



2 SHRED IT!

You'll Need: A mini paper shredder or "hand shredder," paper, writing utensils

Step 1: Ask children to list some of their worries, unhelpful thoughts, or fears.

Step 2: Have children shred their confidence-defeating thoughts using a paper shredder



3 CONFIDENCE BANANAS

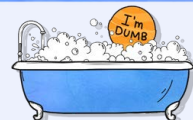
You'll Need: Banana(s), marker



Write words of **encouragement** on bananas. Use phrases like, "You make a difference!" or "Do your best and have fun!"

4 WASH IT AWAY

You'll Need: A bath bomb, marker



Step 1: Write a self-defeating thought on a bath bomb.

Step 2: Have your child throw it into the tub and watch it dissolve.

Step 3: Discuss that feelings and frustration are fleeting.

5 "TAKE WHAT YOU NEED" BOARD

You'll Need: A bulletin board or display board, Post-It notes, markers

Step 1: Cover a bulletin board with Post-It notes featuring encouraging messages.

Step 2: Label the board, "Take What You Need" and have children borrow encouragement as needed.



6 "WHAT I LOVE ABOUT YOU" POSTER

You'll Need: Poster board, markers

Step 1: On a sheet of poster board write, "What I Love About You".

Step 2: List all of the qualities you love about your child or student.

7 "MY WINS"



You'll Need: Paper/notebook, markers or pens

Give the child a notebook or sheet of paper, and writing utensils. Ask them to write down their "wins" so far in life. Leave space to write **daily or weekly "wins"** and celebrate small accomplishments.

8 ENCOURAGING TEXT MESSAGES

You'll Need: Cell phones

Send **positive messages** each morning, or when you know your teen is feeling stressed.

9 BEDROOM DOOR DECOR

You'll Need: Paper, markers, scissors, adhesive

Decorate your child's bedroom door with hearts featuring confidence-building words.

