



BRAVE THOUGHTS, STRONG HEARTS

INFORMATION PAGE

This activity is designed to help youth create their own affirmation card with a positive statement they can use to boost their confidence, find calm, and build emotional resilience. Affirmations can be especially helpful after difficult events, such as disasters, and can serve as a reminder of their inner strength, hope, and courage.



HOW TO USE THE WORKSHEET:

Introduction:

Start by explaining the power of words and how affirmations can help us feel strong and positive, especially around difficult times and anniversaries. Give examples, like “I am brave” or “I have come through hard things.”

Activity:

Ask students to think about what words help them feel strong or calm during difficult times. You can use the following prompts ~ What’s a word that makes you feel brave? What words help you remember your strengths and what you have come through?

Encourage creativity! They can decorate their card with colours, images, or symbols that make them feel empowered. Afterwards, you can even cut them out and arrange them together on a wall calling it “Our Wall Of Strength”.



OPTIONAL SHARING & DISCUSSION PROMPTS:

- What does it feel like to say something positive about yourself?
- How can affirmations help us during tough times?
- What is one thing your affirmation reminds you about yourself?
- What are some ways you can use these words when you feel scared or sad?
- Can you think of other times when positive thoughts might help you stay strong?



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ACTIVITY PAGE



This activity is all about creating your own Affirmation Card. Affirmations are short, positive statements that can help you feel strong, brave, and happy, especially when things are tough. In the space below, write down things that make you feel good about yourself, like “I am brave” or “I can do hard things”. Remember, your words are powerful! This card will be your personal reminder that you are strong and capable.

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