

Presentation

SELF-IMAGE

for children



COMPLEETZIJN



Video: What is Self-Image

Your whole life is built up out of ideas. Think about it ... There is absolutely nothing out there which did not start as an idea in someone's head. The Eiffel Tower, your bike, the pen, paper, the telephone, your shoes ...

It was once just an idea in someone's head. And the cool part is: you can choose what to think every second of every day!

For example, when you think that you can not do something, you will never be able to. But when you choose to believe you can do it, you will learn everything you need to be able to.

You get to choose what you think.

When you think something is really hard, you have to put in a lot of effort. But when you choose to think something is really easy, then you will learn it the easy way.

When you think you're dumb, you will get bad grades, but when you choose to think you're smart, you will get better and better grades.

Everything starts with the idea you choose. And you can choose any idea you want.





say this to yourself every day:

- I AM HEALTHY
- I AM SMART
- I AM KIND TO MYSELF AND OTHERS
- I CAN DO ANYTHING
- I CAN LEARN ANYTHING I WANT

And remember, only say thing to others you would be happy to hear yourself.



So, you want better results?
Make sure you feel good about
yourself then!

Think about what you want.
Believe you will succeed.
Feel good about yourself.

And you will see that everything will work
out really will for yourself. This always
works. So, never let anyone tell you what
you can and can't do.

You are perfect and can materialize
anything you can think of and choose to
believe about yourself.

We came up with some nice assignments for that!

Assignment 1: fill out your own report card!

Assignment 2: write down what it is you want most for your future.

Assignment 3: write down 10 class-affirmations together with your class.

And ofcourse we'll explain to you what an 'affirmation' is exactly and how they work.



Assignment 1: fill out your own report card!

Subject

Grade

Reading and grammar

Mathematics

Writing

Geography

History

Biology

Did we forget something? Add if you want to.



Assignment 2: write down what it is you want most for your future.

●	My future ...

Assignment 3: write down 10 class-affirmations together with your class.

But first ...

What exactly is an affirmation?

Affirmations are the little voices inside your head and maybe you're thinking now that you never used affirmations.

Surprise!

You use them too, but you don't notice it. And that's because some thoughts you think are so normal to you that you don't even know it.

We are talking about those voices that say, 'I will never be able to do that', 'I can't do this' or 'I am just so stupid', and they go around and around in your head all day.

They are affirmations too, just not very nice ones. And if you keep on repeating those thoughts you will indeed never succeed.

Shall we turn them around together?

We'll give you some examples on the next page.

Examples of positive affirmations:

1. My self-confidence is growing every day
2. I can be anything i want.
3. I start every new day with a positive sentence in my head.
4. I radiate happiness and power.
5. I allow myself to make mistakes.
6. I am beautiful on the outside as well as in.
7. I accept myself the way i am.
8. I choose to think positive.
9. I can change the world.
10. The more i let go, the better i feel.

How does it feel? A lot better than those negative voices right?

Now you can think of 10 positive affirmations together with your class mates and write them down.

Repeat these affirmations together every morning and watch all the changes happening!

Go for it!