

THE ISLE OF MAN



Affirmation Station Worksheet

TEACHER GUIDANCE SHEET

Required Material:

- ▶ The Affirmation Station Worksheet
- ▶ Pens / Pencils

L.O:

- ▶ To better understand the impact of being kind to others.
- ▶ To create an affirmation poster that I can share with others.

STARTING ACTIVITY (5mins)

GROUP DISCUSSION – Together share a time when someone else has said something to us that really lifted our spirits. Share what it was they said and why we think it made us feel good.

See if the children can share some affirmations that they can use on their Affirmation Stations. If you want to share some of your own you could suggest “You Are Loved”, “You Have An Amazing Life”, “You Are Strong”, “You Are All You Need To Be”, or “You Are Kind”.

MAIN TEACHING (10mins)

Leading on from the Group Discussion tell the children that sharing kind words with others doesn't cost anything, and whilst it may just be a passing comment for us, what we say can have a big impact on other people. The same goes for if we say something negative, which is why we need to be so careful about what we say to others.

Have the children design and decorate a poster and think about where they would like to put it for others to see.

PLENARY (2mins)

GROUP DISCUSSION – Ask for volunteers to share their Affirmation Station posters and tell the other children where they are going to put it and why.

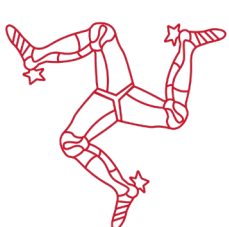
Ask the children if they can explain what an affirmation is. Tell them that in the context of wellbeing, an affirmation is something we say, often to ourselves, to offer emotional support. Sometimes, just seeing a positive action, beautiful scenery or hearing a nice comment is a good enough affirmation to lift our spirits.

MAIN TASK - (15mins)

Tell the children that they are going to create an Affirmation Station to leave in a place where people will see it, in the hopes that it can improve someone's mood and even make their day.

DID YOU KNOW!

Although English is spoken in the I.O.M, the people who are known as Manx also have their own language, Manx Gaelic.



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CHILDREN'S SHEET

We are going to create an Affirmation Station to leave in a place where people will see it, in the hopes that it can improve someone's mood and even make their day.

Think of some affirmations that you can use on your

Affirmation Stations. Such as "You Are Loved", "You Have An Amazing Life", "You Are Strong", "You Are All You Need To Be", or "You Are Kind".

Now design and decorate a poster and think about where you would like to put it for others to see.

THE AFFIRMATION STATION