

relax Kids

# Calm Cards

[www.relaxkids.com](http://www.relaxkids.com)

relax Kids

*Today I will  
breathe like  
the tide'*

This is a great affirmation  
to keep your breathing  
steady when you feel  
anxious or stressed.

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*Today I will  
be serene  
like a swan'*

Repeat this affirmation  
and notice how relaxed  
you become.

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*Today I  
will be cool  
like the moon'*

This is a great  
affirmation to help you  
feel peaceful.

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*Today I will  
float like a  
cloud'*

This is a great  
affirmation to help you  
feel relaxed and calm.

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*Today I will  
be calm like  
a lake'*

Repeat this to yourself to  
keep yourself chilled out  
today.

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*Today I  
will shine  
like the sun'*

This is a great affirmation to help you remember how brilliant you are.

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*Today I will  
be content  
like a cat'*

This is a great affirmation to help you notice how many good things there are in your life and realise how lucky you are.

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*Today I will  
be strong  
like a stone'*

This is a great affirmation to help you feel strong, centred and focused.

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*Today I  
will be honest  
like a mirror'*

This is a great affirmation to help you remember to tell the truth and be honest.

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*Today I  
will be  
happy like a  
bumblebee'*

This is a great affirmation to help you feel positive and cheerful.

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*Today I  
will be  
determined like  
a rocket'*

This is a great affirmation to help you stay focused.

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*Today I  
will be  
confident like  
a giant'*

This is a great affirmation to help you feel positive and confident no matter what is going on.

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relax Kids

*Today I will  
be private  
like a box'*

This is a great affirmation to help you remember to stay still and quiet.

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*Today I will  
be gentle like  
a butterfly'*

This is a great affirmation to help you remember to stay gentle and kind to others.

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*Today I will  
be quiet like  
a mouse'*

This is a great affirmation to help you stay quiet and listen to what is going on around you.

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*Today I will  
be positive like  
a peacock'*

This is a great affirmation to help you feel cheerful.

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*Today I  
will be  
beautiful like  
a rose'*

This is a great affirmation to help you remember all the special qualities you have.

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*Today I  
will be  
courageous  
like a lion'*

This is a great affirmation to help you stay strong and brave.

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*Today I will  
be loving like  
a dolphin'*

This is a great affirmation to help you feel love towards your family and friends.

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relax Kids

*Today I will  
work hard  
like an ant'*

This is a great affirmation to help you stay focused and determined.

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relax Kids

*Today I  
will be  
bright like a  
star'*

This is a great affirmation to help you feel confident.

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