

I Statements For Kids

I am loved.

I can talk to
myself like I would
talk to a friend.

I've done hard
things before—I
can do this too.

I can count to 10
and breathe to
help myself reset.

I can move my
body to help my
brain feel better.

I can take a break
and try again later.

My thoughts and
feelings matter.

I am worthy of
respect and
kindness.

I am enough
just as I am.

I like who I am.

I deserve to feel
proud of myself.

I can remind
myself, “This
feeling will pass.”

I matter to the
people around me.

I can learn from
my mistakes.

I am allowed to
be different.

I can be kind
to myself.

I am learning to
love myself.

I can do hard things
and still be me.

I am valuable, even
when I struggle.

I can do
amazing things.

I have a lot to
be proud of.

I like being me.

I can do hard
things with help
or on my own.

I can train my brain
to focus better.

I can notice when
my mind drifts and
bring it back.

I can take
breaks and still
get things done.

I am learning how
to stick with one
thing at a time.

I can finish things
when I take them
step by step.

I can restart if I
get off task.

I can feel big
feelings and still
be okay.

I can name
my feelings.

I can feel angry
without hurting
anyone.

I can feel sad and
know it won't last
forever.

I can calm down
in my own way.

I can listen to
what my feelings
are telling me.

I can use brave
words when I
feel nervous.

I can walk away
if something
makes me upset.

Big feelings don't
last forever.

I can think a
new thought to
feel better.

I can write or
draw when I feel
mixed up inside.

I can say, "I've
got this!"

I can raise my
hand instead of
shouting out.

I can say, "I can
try again."

I can try something
different next time.

I can count to 10
and calm my body.

I can be proud
of small wins.

I can be a good
friend, even when I
feel busy inside.

I can set a timer to stay on track.

I can use pictures or colors to help me remember.

I can ask for more time if I need it.

I can clean up when I finish a project.

I can look at the person who's talking.

I can clap or count to refocus my brain.