

Positive Words to SAY to Kids

Big feelings are
okay—we can
handle them
together.

You are loved
and important.

It's brave to talk
about what
you're feeling.

Let's take a
break together
and reset your
brain.

You can feel
something and
still make a good
choice.

You think in
brilliant,
unique ways.

Your energy is
your superpower.

Small steps are
big wins.

Mistakes help
you grow.

You're brave
every day.

Take a breath—
you've got this.

Let's make a plan
together—it's okay
to need help.

You had a hard
moment, but that
doesn't make it a
bad day.

You're doing
better than
you think.

I believe in you,
even when it's
tough.

Your effort
matters most.

You're allowed to
feel mad, and
you're learning
to handle it.

You can solve
problems.

Your voice is
important.

Every day is a
fresh start.

You are capable
and strong.

Focus on
progress, not
perfection.

You have the
power to choose.

Your ideas make
a difference.

Believe in yourself
—you're amazing.

You bring new
ideas to life.

Keep shining
your bright light.

Challenges help
you grow
stronger.

Your focus can
move mountains.

You are full of
potential.

Every try gets
you closer.

Your creativity
is a gift.

Believe in your
own path.

You make a
difference
every day.

I am proud of
who you are.

Your smile can
change a day.

Stay curious,
keep exploring.

You have a
powerful mind.

You're learning
to master your
mind.

You handle
tough moments
with courage.

Your heart is full
of kindness.

Keep dreaming
big dreams.

You have great
ideas to share.

Progress is
better than
perfection.

Your spirit is
unstoppable.

You are loved just
the way you are.

You are enough
just as you are.

You don't have
to do it all at
once—just one
step at a time.

Your brain is still
growing—you're
learning every day

You are brave
to keep trying.

Stay proud of your
unique journey.

Let's find what
helps your brain
stay on track.

It's okay if your
thoughts feel
busy—we'll figure
it out together