

GOOD VIBES ONLY



To bring positive change to the world, we first have to imagine it. Use this page to start! Create three positive affirmations—short power statements that can lift you up when you say them out loud, like “I am brave,” “I am creative” or “I am stronger than I think.” Write or draw those three affirmations just for you. Next, think about the world around you—your friends, your classmates, your community—and create three affirmations that could help others feel good about themselves like “You are enough,” “Your ideas matter” or “You radiate light!” Use the words and emojis below for inspiration! Once you have your affirmations, use colors, shapes, emojis or doodles to turn your words into artwork in the space below. When you’re finished, you’ll have your very own set of positive messages to keep, share or display, so the whole world can vibe with you!

AFFIRMATIONS FOR ME

AFFIRMATIONS FOR OTHERS

INSPIRATIONAL WORD BANK

Brave	Helpful
Kind	Smart
Strong	Bold
Creative	Unique
Joyful	Hopeful
Caring	Confident

EMOJI BANK

