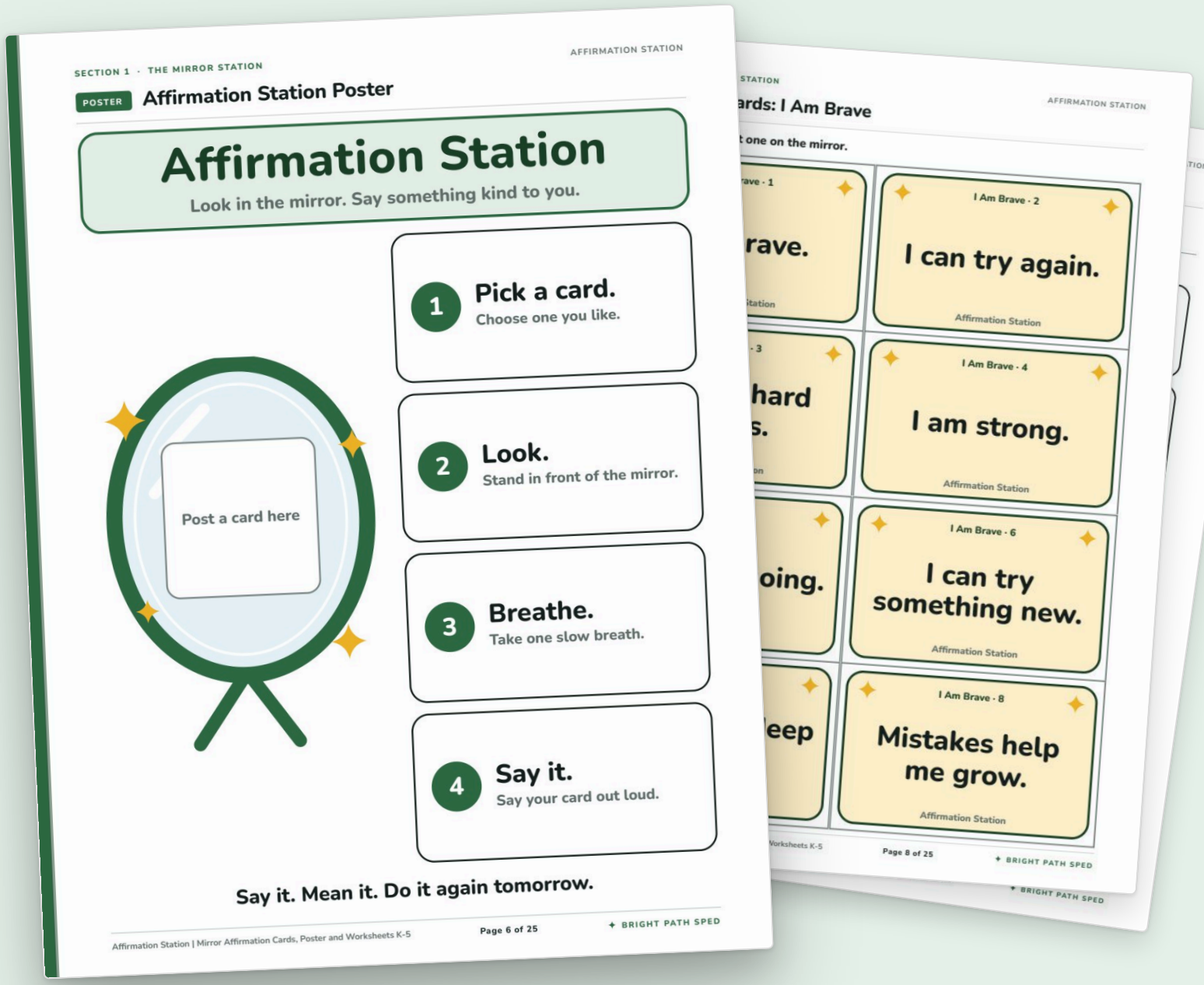
GRADES K-5 · VISUAL SUPPORTS COLLECTION

EDITABLE

Affirmation Station



25 PAGES | 24 MIRROR CARDS | MIRROR POSTER | WORKSHEETS

✦ BRIGHT PATH SPED

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HOW THE TAGS ON EACH PAGE WORK

The tag in each page's top corner: **Poster** to hang up, **Cards** to cut, **Practice** for the student to fill, **Tracker** to color, **Notes** to send out, **Reference** to read.

IN THIS FILE, COUNTED

24 mirror affirmation cards in 3 sets, 8 blank cards, 2 poster pages (color and ink-saver), 4 worksheets, 2 trackers, a month roll-up, a filled example, a label sheet and 3 section dividers, over 25 pages.

PRINTING AND CUTTING

Print the poster and the card pages at 100% (actual size) on white or cardstock paper. Cards are cut in straight lines, 2 across and 4 down, so a pair of scissors or a paper trimmer works. Print the ink-saver poster when you want to color it in with the class. Keep the blank cards in a folder so a student can write a new one any day.

☆ START HERE Start Here — Three Steps

1

Print and cut

Print the poster (p. 6) and the cards (pp. 8–10). Cut the cards apart: 2 across, 4 rows, so each cut is one straight line.

24 cards in 3 sets of 8, plus 8 blank cards (p. 11).

2

Post, look, breathe, say it

Hang the poster by a mirror and tape up a card. A student picks a card, looks, takes a breath and says it. Practice once together first.

The worksheets are on pp. 13–16, with room to write and draw.

3

Color it, count it, send it home

Students color a star on My Week at the Mirror (p. 17) or My Month at the Mirror (p. 18).

The family page (p. 23) sends six small cards home.

WHAT THIS FILE IS

A fillable PDF: a mirror station poster in color and ink-saver, 24 affirmation cards in 3 sets, 8 blank cards, four worksheets, two trackers, a month roll-up, a filled example and a binder label sheet, with type-in fields on the name lines, the writing lines, the family page and the blank cards. It works offline with no account and prints the same on every machine.

WHAT THIS FILE IS NOT

It is not an editable online slideshow or word-processor document, and it is not a therapy program, a counseling tool or a clinical procedure. It follows no named method and promises no outcome. It gives students a calm routine, kind words to say and a place to color what they did.

WHICH PAGE, WHEN

YOUR SITUATION	GO TO
I want a poster for the mirror	p. 6 (color), p. 7 (ink-saver)
I want cards to cut and post	pp. 8–10
A student wants to write their own	p. 11, p. 14
I want a worksheet with room to write	pp. 13–16
I want to count how often	p. 17, p. 18
I want a roll-up or an example	p. 19, p. 22
I want to send it home	p. 23

IF SOMETHING DOES NOT WORK

A field will not hold my typing. Open the file in Adobe Acrobat Reader (free) or Preview, not a browser tab. **A card does not fit my student.** Use a blank card; the **Ask a Question** tab on the product page reaches me, and a fix is a free update. **Confidentiality:** a tracker with a student name is a student record — first names or initials on anything that leaves your hands.

POSTER

Affirmation Station Poster

Affirmation Station

Look in the mirror. Say something kind to you.



1 **Pick a card.**
Choose one you like.

2 **Look.**
Stand in front of the mirror.

3 **Breathe.**
Take one slow breath.

4 **Say it.**
Say your card out loud.

Say it. Mean it. Do it again tomorrow.

CARDS

Mirror Cards: I Am Brave

Cut the cards. Post one on the mirror.

I Am Brave · 1

I am brave.

Affirmation Station

I Am Brave · 2

I can try again.

Affirmation Station

I Am Brave · 3

I can do hard things.

Affirmation Station

I Am Brave · 4

I am strong.

Affirmation Station

I Am Brave · 5

I can keep going.

Affirmation Station

I Am Brave · 6

I can try something new.

Affirmation Station

I Am Brave · 7

I can take a deep breath.

Affirmation Station

I Am Brave · 8

Mistakes help me grow.

Affirmation Station

PRACTICE

My Favorite Affirmation

My name _____ **Today** _____

☆ **Pick one card. Copy it. Draw it.**

1 **I pick a card I like. Its number is:**

_____ (It is in the top corner of the card.)

2 **I copy my favorite affirmation.**

_____

_____

_____

3 **I draw something that goes with it.**

4 **I will say it. I color a circle.**

○ In the morning ○ At school ○ When it is hard ○ At bedtime

PRACTICE

Before and After

My name _____ **Today** _____

☆ **Circle the weather before and after.**

Before the mirror

My inside weather is... (circle one)



Sunny



Cloudy



Rainy



Rainbow

The card I said at the mirror:

_____

_____

_____

After the mirror

My inside weather is... (circle one)



Sunny



Cloudy



Rainy



Rainbow

TRACKER

My Week at the Mirror

My name _____ **Week of** _____

☆ **Say a card each day. Color a star each time.**

Monday
Date _____
My card: _____ ☆ ☆ ☆

Tuesday
Date _____
My card: _____ ☆ ☆ ☆

Wednesday
Date _____
My card: _____ ☆ ☆ ☆

Thursday
Date _____
My card: _____ ☆ ☆ ☆

Friday
Date _____
My card: _____ ☆ ☆ ☆

My favorite card this week:

_____

_____