



Affirmation Rainbow Craft

Use this printable page of positive words like STRONG, KIND, GRATEFUL in conjunction with "And So Much More" to create this rainbow craft.

Materials:

- white paper plates
- cotton balls-paint
- paintbrush
- glue
- scissors
- Affirmations Printable

STEP 1: DISCUSS AFFIRMATIONS

Before reading "And So Much More", talk about what an affirmation is. Affirmations are positive phrases about yourself or a situation that can be thought or said. They can build confidence, help you calm yourself or plant seeds for something you'd like to see more of in yourself.

STEP 2: READ "AND SO MUCH MORE"

Begin reading aloud and ask the kids to notice the "power words" (powerful, create, loving etc.) in the story. You can write or discuss the words as you go along or just make a mental note of them and talk about them while crafting.

STEP 3: CRAFT TIME

-Cut one paper plate in half.

-Paint the paper plate to look like a rainbow.

-Glue cotton balls on the plate to make clouds-Glue cotton balls on the plate to make clouds

-Cut out "power words" from the affirmations printable". This can be a great time to discuss why kids choose certain words—are some qualities they love about themselves or are some qualities they might like to grow within them? Kids can also choose a word for a friend to acknowledge something they appreciate about them.

-Glue the "I AM" phrase on the rainbow and then glue on the "power words".

STEP 4: PRESENT

After drying, have each child present their rainbow to the class. It is a great way to reinforce positive thinking and demonstrate the power of saying affirmations out loud.

-Hang up and enjoy the sounds of "I Am Kind!", "I Am Strong!", "I Am Grateful!" Shine On!

I AM

LEARNING

ME

KIND

ABLE

JOY

STRONG

UNIQUE

CURIOUS

FUNNY

HELPFUL

OKAY

CREATIVE

CARING

GROWING

CALM

FRIENDLY

POWERFUL

BRAVE

POSITIVE

LOVE

GRATEFUL

HAPPY

PEACE