Twelve Cards for Older Kids

Affirmation cards for kids, ages 10 plus. Twelve cards written plainly, for a reader who can tell at once when a card was written for a little kid.

HARD DAYS

I can face a hard day, one hour at a time.

Say it when a day starts badly.

TRY AGAIN

I can try again after things go wrong.

Say it when a grade or a game goes wrong.

FRIEND

I am a friend people can trust.

Say it when a friend trusts you.

HELP

I can ask for help, and that is not weakness.

Say it when you are stuck and hiding it.

EFFORT

My effort counts, even when nobody sees it.

Say it when the work feels invisible.

DISAGREE

I can disagree and still be kind.

Say it when you think someone is wrong.

LEARNING

I can learn at my own speed, and that is fine.

Say it when everyone else seems faster.

KEEP GOING

I can keep going when practice feels dull.

Say it when practice drags on.

MISTAKES

I own my mistakes, and I fix what I can.

Say it when blame feels easier.

BAD DAYS

I am more than one bad day.

Say it when yesterday went badly.

KIND WORDS

I can choose my words, even when I am angry.

Say it when anger says the first thing.

GROWING

I am still growing, and that is allowed.

Say it when you feel unfinished.

TWELVE CARDS, ZERO BABY TALK

Twelve cards that speak plainly, with no grand claims at all.

This deck belongs to _____

Draw one each morning, say it once, and keep the one that fits standing all week.

Write Your Own Cards

Affirmation cards for kids, ages 10 plus. Six empty cards of your own, plus the box that keeps every card honest.

Write a true sentence of your own here.	Write a true sentence of your own here.
Write a true sentence of your own here.	Write a true sentence of your own here.
Write a true sentence of your own here.	Write a true sentence of your own here.

MAKE IT BELIEVABLE

A card that feels false is a card you will skip. If a sentence feels wrong today, write a smaller one. Smaller and true beats bigger and false, every time.

Four rules for a card that works

1. **Start with I.** A card that starts with I belongs to the reader who says it.
2. **Keep it small and true.** A small true sentence gets said. A grand one gets skipped.
3. **Name one real thing.** One real moment beats ten fancy words every time.
4. **Let the reader choose.** A card you picked yourself is a card you will say.

Keep finished cards in a binder, because a binder of true sentences is a record to be proud of.

My Fourteen Days of Cards

Affirmation cards for kids, ages 10 plus. One card a day for two weeks, with room to say which ones held up.

Day	Card I said	Said aloud	Still true
Day 1	_____	☐	☐
Day 2	_____	☐	☐
Day 3	_____	☐	☐
Day 4	_____	☐	☐
Day 5	_____	☐	☐
Day 6	_____	☐	☐
Day 7	_____	☐	☐
Day 8	_____	☐	☐
Day 9	_____	☐	☐
Day 10	_____	☐	☐
Day 11	_____	☐	☐
Day 12	_____	☐	☐
Day 13	_____	☐	☐
Day 14	_____	☐	☐

Days 1 to 7 run the brave cards. Days 8 to 14 run the kind cards. Two weeks, two halves, one habit.

The card that stayed true all fourteen days: _____

Grown-Ups Guide

Affirmation cards for kids, ages 10 plus. How the two weeks work, handing it over, and when to retire a card.

Every count in the pack. The cards page holds 12 cards. The writing page holds 6 blanks beside the 4 rules and the believable box. The log holds 14 days, one card a day.

Handing it over. Hand the pack to your child. They draw the cards, they say them, they fill the log. Your part is one question at dinner, and then silence.

When a card feels false. Shrink it. A sentence that fits today is a sentence that gets said. If a card never fits, retire it, and write a smaller one in its place.

A sample fourteen days. Days 1 to 7 run the brave cards: hard days, trying again, asking for help, owning mistakes. Days 8 to 14 run the kind cards: loyal friendship, disagreeing without unkindness, choosing kind words when angry.

When to retire a card. Retire a card the week it stops fitting, and say so out loud. Retiring a card is not quitting. It is choosing a sentence that still fits.

For classrooms. Run the 10 plus pack as a two week challenge, with students writing their own cards on Fridays. Keep private cards private, and never ask a student to share one with the room.

Plain black and white keeps a whole class set cheap.

Use these cards for encouragement at home. When a child needs more support, a professional is the right next step.