Eight Cards to Stand by the Mirror

Affirmation cards for kids, ages 3 to 5. Eight short true sentences a little child can read aloud, each one with the moment it fits.

BRAVE

I can try one brave thing today.

Say it when the morning feels big.

KIND

I am kind with my hands and my words.

Say it when someone needs a hand.

TRY AGAIN

I can start again after a wobble.

Say it when the first try goes wrong.

FRIEND

I am a friend who shares.

Say it when you play with someone new.

HELP

I can ask a grown-up for help.

Say it when you feel stuck.

KEEP GOING

I can keep going, one step at a time.

Say it when the job looks long.

WAITING

I can wait, and waiting is okay.

Say it when waiting feels long.

LOVED

I am loved, all day long.

Say it any time at all.

EIGHT CARDS, ONE EACH MORNING

Eight cards for eight mornings. Pick one the night before, stand it by the mirror, and say it aloud before the day starts.

These cards belong to _____

Cut along the dashed lines, fold the bottom edge back, and the card stands on its own.

Colour a star for every morning you said your card aloud.

Today is: _____

Cards You Write Yourself

Affirmation cards for kids, ages 3 to 5. Four empty cards waiting for a sentence of your own, or a drawing that says it.

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.

My week of cards

Pick a card each morning, and tick the box when you have said it aloud.

Day	Card I said today	Said aloud
Monday	_____	☐
Tuesday	_____	☐
Wednesday	_____	☐
Thursday	_____	☐
Friday	_____	☐

FOUR BLANK CARDS, FIVE SCHOOL DAYS

Four blanks and five school days give you five mornings to say a sentence of your own. A card with a drawing on it counts just the same.

Thick crayons work better than thin pencils for this age, and a drawing is a whole sentence.

Grown-Ups Guide

Affirmation cards for kids, ages 3 to 5. How to run a morning, the words to use, and a sample week inside.

What an affirmation card is. A card holds one short true sentence a child says about themselves, in their own voice. It is not a note from a parent, and it never names a feeling. The child picks it, stands it up, and says it aloud.

How to run a morning. Stand one card up the night before, by the mirror or on the breakfast table. In the morning, the child reads it, or a grown-up reads it with them, once, out loud. After school, ask one question, and then put the card away.

Three mistakes to avoid. First, never write a card the child cannot believe. If a child laughs at a card, blame the card, not the child. Second, never take a card away for bad behaviour. Third, never press a card on a bad morning. Skip it, and stand a different card tomorrow.

When a card feels too big. Shrink it. A card that fits today is a card that gets said, and a card that does not fit gets ignored. Smaller and true beats bigger and grand, every time.

A sample week. Start Monday with the brave card, because Mondays are hard. Put the try again card in on Tuesday, when the first hard worksheet arrives. Give the friend card the middle of the week, when friendships need care. Save the loved card for Friday, so the week ends the way it began, with warmth.

What these cards are not. They are not a chart to hang, and they are not a game to play. They have no faces to pick up, no sort, and no winner. They are sentences, stood where they can be seen, said out loud, and kept because they are true.

For classrooms

A teacher can run a card of the day on the board, and let children pick from the set each morning. Never grade a card, and never ask a child to read one aloud to the whole class.

Print one copy per child, because a card a child picked is personal.

These cards are a family routine for mornings, not advice about health.