Twelve Cards to Draw Each Morning

Affirmation cards for kids, ages 6 to 9. Twelve short true sentences, each one with the moment it fits, ready to draw one a day.

BRAVE

I can try something new, even if it feels wobbly.

Say it when something new starts.

TRY AGAIN

I can have another go when the first one goes wrong.

Say it when the first try goes wrong.

FRIEND

I am the kind of friend I would want.

Say it when a friend needs you.

HELP

I can ask for help before I get stuck.

Say it when you feel stuck.

FINISH

I can finish what I started, one bit at a time.

Say it when a job feels long.

HELPING

I am good at noticing when someone needs a hand.

Say it when someone asks for a hand.

CALM

I can pause, breathe, and think first.

Say it when feelings run high.

PROUD

I am proud of how hard I worked.

Say it when you worked hard, win or lose.

LEARN

I can learn things that feel hard at first.

Say it when a lesson feels impossible.

LISTEN

I listen when someone is talking to me.

Say it when someone is talking to you.

SORRY

I can say sorry and mean every word.

Say it when you hurt someone.

ENOUGH

I am enough, exactly as I am today.

Say it when you compare yourself to others.

TWELVE CARDS, ONE EACH MORNING

Twelve cards for twelve mornings. Draw one, stand it up, and say it aloud.

This deck belongs to _____

Cut along the dashed lines, fold the bottom edge back, and keep the deck in an envelope by the mirror.

My Week of Cards

Affirmation cards for kids, ages 6 to 9. Seven days, one card a day, and one card kept standing for next week.

Day	Card I drew	Said aloud	Kept standing
Monday	_____	☐	☐
Tuesday	_____	☐	☐
Wednesday	_____	☐	☐
Thursday	_____	☐	☐
Friday	_____	☐	☐
Saturday	_____	☐	☐
Sunday	_____	☐	☐

SEVEN DAYS, SEVEN CARDS

Seven days and seven cards, one drawn each morning. Tick both boxes when you said it aloud and kept it standing all day.

The card I kept standing for next week: _____

A card kept standing all week is a sentence that has started to stick.



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

Write Your Own Cards

Affirmation cards for kids, ages 6 to 9. Six empty cards, ready for a sentence you wish someone had said to you.

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.

Four rules for a card that works

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

SIX BLANK CARDS, FOUR SMALL RULES

Six blanks and four small rules stand between you and a sentence that fits. Start with I, keep it true, name one real thing, and choose it yourself.

Keep finished cards in the envelope with the deck, so tomorrow has a new card ready.

Grown-Ups Guide

Affirmation cards for kids, ages 6 to 9. Every count in the pack, how to begin, and what to do when the habit fades.

Every count in the pack. The cards page holds 12 cards. The log holds 7 days, one card a day. The writing page holds 6 blanks beside the 4 rules for a card that works.

How to start. Cut the deck out on Sunday night, while the kitchen is quiet. Put the cards in an envelope by the mirror. Each morning, the child draws one, stands it up, and says it once, out loud.

What makes a card work. Keep it short enough to say in one breath. Name one true thing, and the card will feel like it was written for this child, on this day. A sentence a child believes beats a grand one every time.

Three mistakes to avoid. First, never hold a card back as a punishment. Second, never use a card to cover up a real problem. A child who is struggling at school needs help, not only a sentence. Third, never grade the log. A log with blank days is a log that waited for a better day, and that is fine.

When the habit fades. If a week slips past with no cards, do not apologise for it. Draw a card tomorrow and carry on. A fresh draw restarts the habit better than a sorry ever will. If the sentences start to feel young, move up to the 10 plus pack.

For classrooms. Run a card of the day on the board, and let children pick from the set each morning. A card is never graded, and nobody is asked to read a private card out loud.

Print the whole pack double sided if you like, and keep a spare week log in the drawer.

This pack is a morning routine for families, and it is not health advice.