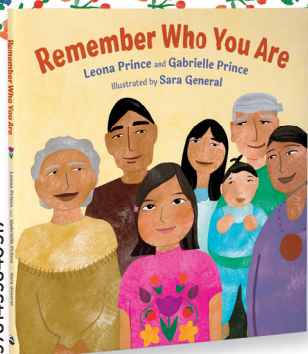


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Remember Who You Are Affirmation Activity



Remember Who You Are teaches us about our potential and identity.

You are more powerful than you imagine.

You were created with everything you need to succeed.

You are the result of generations of love.

What are some some phrases that help you remember who you are? Make up your own or ask your loved ones for suggestions.

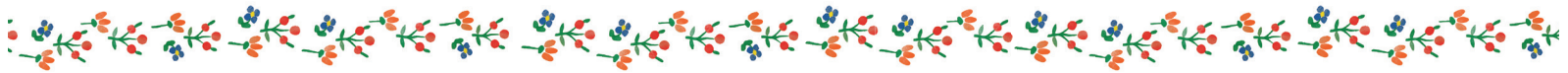
Draw the important people in your life! Write how they've helped you become the unique person you are today.

is important to me because...

is important to me because...

is important to me because...





One way I can remember who I am this week is... Example: By looking at old photos of my family and me. By writing in my journal.

One way I can remind others of who they are this week is... Example: By sharing kind words with my friends. By telling my teacher what I liked learning about in their lessons.

