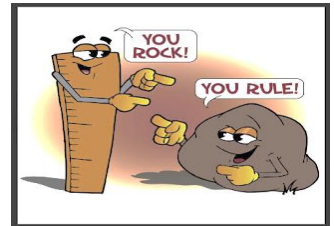


# AFFIRMATIONS!

## Partner Affirmations



- **WOW!** – Hold three fingers up on either side of your face and say, “WOW!”
- **You Da Bomb!** – Make a fist and touch your fist to a partner’s fist; then, release and expand fingers like an explosion and say, “You Da Bomb!”
- **5-4-3-2-1 der ful** – Place hand in front with 5 fingers spread apart. Begin to count holding up the number of fingers that match the number being said aloud (i.e., 5-4-3-2). When the number one is said aloud, use the index finger to point to the person or group being affirmed and say, “Won – der—ful”.



- **It’s My Birthday** – Circle hands in front while body sways backwards then forward saying, “It’s My Birthday”.

- **Picture Perfect** – Pretend to hold a camera and click the button as if you are taking a picture. As you take the picture say, “Picture Perfect”.



- **Brrr-illant** – Cross your arms reaching for your back while shaking like you are cold saying, “Brrrr-illant”.

- **Fan – tastic** – Place your palms facing your face. Fan your face with your fingers while saying, “Faaaannnn – tastic!”
- **Round of Applause** – Hands clap repeatedly while making a large circle around your head.



- **Pat on the back** – Give yourself a pat on the back for a job well done.



- **Great, Great, Great** – Pretend to be grating cheese while stating, “Great, Great, Great”, quickly.

- **You Rock** – Point to a person and say, “You”. Then, sway hands side to side in a rocking fashion and say, “Rock”.

- **Paper, Scissors, You Rock** – This is an adaptation of the paper, scissors, rock game. Apply the same motions for paper and scissors. Then, when it comes to the rock portion, state, “You Rock” and bump fists.



## Group Affirmations

- ★ I like the way you think!
- ★ If it is to be – it’s up to me.
- ★ I wish I had met you sooner.
- ★ Together we can accomplish anything!
- ★ You’re impressive.
- ★ Oh yeah!
- ★ You’re a rock star!
- ★ I’m glad you’re here!