



BOYS & GIRLS CLUBS  
OF CHICAGO

# MENTAL HEALTH POSITIVE AFFIRMATIONS

# K-5

## MONDAY

**MENTAL HEALTH JEOPARDY!**  
**HEALTHY LIFESTYLE**  
**SPECIAL THEME ACTIVITIES**

How much do you know about mental health? Check yourself with this jeopardy game!

<https://jeopardylabs.com/play/childrens-mental-health-trivia>

## TUESDAY

**AFFIRMATION OF THE DAY**  
**HEALTHY LIFESTYLE**  
**SPECIAL THEME ACTIVITIES**

Sometimes we need to remind ourselves of all that we are and can do. What is one affirmation that you want to tell yourself this week?

<https://www.youtube.com/watch?v=TjuaBJg7zWw>

## WEDNESDAY

**DAILY AFFIRMATION JAR**  
**HEALTHY LIFESTYLE**  
**SPECIAL THEME ACTIVITIES**

Got the hang of your morning affirmations? Write one daily and pop it in a jar, a bowl, anything! Pull one out when you need it.

<https://www.youtube.com/watch?v=tkjqM6m1yMw>

## THURSDAY

**POSITIVE AFFIRMATION BREATHING**  
**HEALTHY LIFESTYLE**  
**SPECIAL THEME ACTIVITIES**

Connect your brain and your body this week with some positive affirmations and deep breaths in this exercise.

<https://www.youtube.com/watch?v=0qJo87mmR9M>

## FRIDAY

**MAKE AN AFFIRMATION MINI-BOOK**  
**HEALTHY LIFESTYLE**  
**SPECIAL THEME ACTIVITIES**

For each page, list out that positive affirmation and draw a picture. Put the book together as something you can use when you are feeling overwhelmed or need a boost.

