



**BOYS & GIRLS CLUBS
OF CHICAGO**



MENTAL HEALTH

POSITIVE AFFIRMATIONS

6-8

MONDAY

AROUND THE ROOM

HEALTHY LIFESTYLE

SPECIAL THEME ACTIVITIES

Write positive affirmations on popsicle sticks or slips of paper. Put them all together in a bag or box. Go around the room and randomly pick out a slip to read.

TUESDAY

BEACH BALL AFFIRMATIONS

HEALTHY LIFESTYLE

SPECIAL THEME ACTIVITIES

Use an inflatable beach ball and write different affirmations all over. Toss the ball around. When one gets the ball, they need to read aloud the positive words that are where their pointer finger touches.

WEDNESDAY

POSITIVE THOUGHTS

BREATHING

HEALTHY LIFESTYLE

SPECIAL THEME ACTIVITIES

A practice where we focus on our breath to help calm our bodies and minds. To give it a try, think of a positive thought as you slowly breathe in. Hold your breath for a few seconds and then breathe out.

THURSDAY

STICKY NOTE REMINDERS

HEALTHY LIFESTYLE

SPECIAL THEME ACTIVITIES

List out some different positive affirmations on sticky notes. Then, place them in spots where they might randomly remind them of the encouraging words.

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.

