



**BOYS & GIRLS CLUBS  
OF CHICAGO**

# **MENTAL HEALTH POSITIVE AFFIRMATIONS**

# **HS**

## **MONDAY**

### **TEEN AFFIRMATIONS**

**HEALTHY LIFESTYLE**

### **SPECIAL THEME ACTIVITIES**

This positive affirmation and advice video was created by teens for teens to uplift your child daily.

<https://www.youtube.com/watch?v=XGNCv0kUQuQ>

## **TUESDAY**

### **TUESDAY TED TALK**

**HEALTHY LIFESTYLE**

### **SPECIAL THEME ACTIVITIES**

How to make Positivity Stick?

<https://www.youtube.com/watch?v=cEIB84gf6uc>

## **WEDNESDAY**

### **BUILDING SELF-ESTEEM**

**HEALTHY LIFESTYLE**

### **SPECIAL THEME ACTIVITIES**

List 5 inspiring quotes to build self-esteem

## **THURSDAY**

### **POST IT!**

**HEALTHY LIFESTYLE**

### **SPECIAL THEME ACTIVITIES**

Post a positive affirmation on all social media platforms

## **FRIDAY**

### **SHARE IT!**

**HEALTHY LIFESTYLE**

### **SPECIAL THEME ACTIVITIES**

Share you favorite affirmation!