



Farida Sheikh
Shaping Minds, One Page

Positive Affirmation Posters


Empowering Children with Words That Shape Confidence and Belonging

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Shaping Minds, One Page at a Time

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Purpose of This Tool

This resource includes a collection of printable affirmation posters designed to help educators and parents create emotionally supportive environments. Grounded in the Affective Domain of the Tricycle Model, these posters promote:

- Self-worth
- Motivation
- Belonging
- Emotional safety

They serve as daily visual anchors to reinforce positive thinking, growth mindset, and emotional well-being.

Background: Why Positive Affirmations Matter

Children internalise the words they hear — especially those repeated consistently. Whether from adults or their own self-talk, language has the power to shape:

- Self-esteem
- Academic risk-taking
- Emotional regulation
- Social interactions

In many classrooms and homes, praise is often tied to outcomes:

“Good job on the test,”

“You’re so clever,”

“That’s beautiful.”

While well-meaning, these phrases often reinforce performance over process.

Affirmations, on the other hand, focus on:

- The child’s intrinsic worth
- Their effort and persistence
- Their identity as a learner and person

When affirmations are displayed, discussed, and lived, they become part of a child’s internal narrative — helping them feel seen, valued, and capable.

The Challenge We're Solving

Many learning spaces are filled with:

- Generic motivational quotes that children don't relate to
- Praise that reinforces perfectionism or fear of failure
- A lack of culturally relevant or emotionally grounded language
- Inconsistent messages from home and school

This tool solves these challenges with affirmations that are:

- Developmentally appropriate
- Emotionally grounded
- Holistically aligned with the Tricycle Model
- Easy to print, laminate, and use repeatedly

What's Inside

This set includes:

- 12 affirmation posters (A4 landscape or portrait)
- 4 aligned with each learning domain (Cognitive, Affective, Psychomotor)
- 3 blank editable templates to personalise
- Simple, child-friendly fonts and inclusive visuals
- Neutral design suitable for classrooms, home learning corners, or therapy rooms

Each affirmation:

- Uses affirmative "I" language
- Encourages positive habits and mindsets
- Supports children from diverse backgrounds

Examples of Posters by Domain

Cognitive (Thinking & Learning)

- I can learn hard things, even if it takes time.
- My mistakes help me grow.
- I ask questions because I'm curious.
- My brain is like a muscle — it gets stronger when I use it.

Affective (Feelings & Relationships)

- I am safe, and my voice matters.
- I can name my feelings and express them respectfully.
- I am proud of who I am.
- I deserve kindness and give it to others.

Psychomotor (Doing & Effort)

- I keep trying, even when it's tricky.
- I learn by doing — and I don't give up.
- I help with things at home and school.
- I move my body with purpose and joy.

Usage Ideas

- Display a weekly affirmation at eye level in classrooms or bedrooms
- Invite children to choose an affirmation that matches their current mood or goal
- Use in morning meetings or reflection sessions
- Print mini versions for lunchboxes or desk mats
- Use as journaling prompts or discussion starters

Checklist: Embedding Affirmations into Practice

Practice	Yes	Not Yet
Affirmations are displayed in the learning space		
Adults regularly model positive self-talk		
Children are encouraged to choose and discuss affirmations		
Cultural and emotional relevance is considered		

Conclusion: Let Words Do the Work

Affirmations are not decorations — they are declarations.

Every word displayed in a child's space sends a message. When we intentionally choose affirmations that honour identity, effort, emotion, and growth, we help children build an inner voice that will guide them for life.

Let these posters become part of your shared language of hope, courage, and connection.

What's Next? Make Positive Language a Habit

The Tricycle Model: A Holistic Approach to Education

Learn more about the emotional foundations of learning

<https://mybook.to/tircyclewebsite>

Right Vision Academy

Download more tools and access free CPD training

<https://rightvisionacademy.com>

More printables and visual tools:

<https://faridasheikh.com/free-resources>

We'd Love Your Feedback

Have you displayed these posters in your school or home?
How have children responded?

Let us know what worked — and what you'd like next:

<https://faridasheikh.com/feedback>

Email: info@rightvisionacademy.com

Share Your Story

If this tool helped create a more positive atmosphere for your learners, please share your experience. With your permission, we may showcase your classroom or learning corner in our next edition or online gallery.

