

## How to Make Hand-Made Affirmation Cards



Affirmation Cards are index cards created by volunteers that are hand-decorated and feature a hand-written message. Every child participating in our programs receives an Affirmation Card to promote reflection, build confidence, and celebrate their progress. Most importantly, a child knows that their Affirmation Card was created by a caring person who took the time and effort to make something special for them. With small cardstock paper and your creativity, you can make an Affirmation Card for a child or teen to transform their trauma into resilience. The best part is, no formal artistic skills are necessary to create these cards!

### Minimum Supplies:

- Index cards or cardstock
- Scissors or paper cutter
- Pens, markers, crayons, or pencils

### Extra Supplies for Fun:

- Stickers
- Paints
- Tape or glue
- Stamps



### Directions:

1. *If using index cards, skip to Step 2.* Cut your cardstock paper into four sections. Each section should be about 3" x 5" or 5" x 7" – or no bigger than your hand.
2. Choose statements from the attached list. The left side of the table has statements in English and the Spanish translation of that statement is directly next to it on the right side.
3. On each card, write the statement in English on one side and Spanish on the other.
4. Design different looks and themes for every card. Be creative! Use many different colors, styles, and design elements. Make sure that both sides of the card are decorated and that each card is unique.

### Submission:

1. Fill out the Volunteer Tracking Form [here](#).
2. Attach a sticky note to your items with your name and hours spent on the project (and organization and event date if related to a group activity or volunteer event). **Please do not write your name on the actual Cards.**
3. Deliver your cards to Free Arts by mail or in-person (352 E Camelback Road, Ste 100, Phoenix, AZ 85012)
4. Contact us at [programs@freeartsaz.org](mailto:programs@freeartsaz.org) if you have any questions!

## Affirmation Statements

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English	Spanish
By allowing myself to be happy, I inspire others to be happy as well.	Al permitirme ser feliz, inspiro a otros a ser felices también.
I find joy and pleasure in the simplest things in life.	Encuentro alegría y placer en las cosas más simples de la vida.
My heart is overflowing with joy.	Mi corazón está desbordante de alegría.
Mistakes and setbacks are steppingstones to my success because I learn from them.	Los errores y los reveses son peldaños para mi éxito porque aprendo de ellos.
I know exactly what I need to do to achieve success.	Sé exactamente lo que tengo que hacer para lograr el éxito.
When I breath, I inhale confidence and exhale timidity.	Cuando respiro, inhalo confianza y exhalo timidez.
I live in the present and am confident of the future.	Vivo en el presente y confío en el futuro.
I am self-reliant, capable of creativity and persistent in whatever I do.	Soy autosuficiente, capaz de creatividad y persistente en todo lo que hago.
I always see only the good in others. I attract only positive confident people.	Siempre veo solo lo bueno en los demás. Solo atraigo a personas positivas y seguras.
I trust myself and know my inner wisdom is my best guide.	Confío en mí y sé que mi sabiduría interior es mi mejor guía.
I choose to feel proud of my accomplishments.	Elijo sentir orgullo de mis logros.
With every breath out, I release stress in my body.	Con cada exhalación, libero el estrés en mi cuerpo.
I sow the seeds of peace wherever I go.	Siembro las semillas de la paz dondequiera que voy.

## Affirmation Statements

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English	Spanish
In all that I say and do, I choose peace.	En todo lo que digo y hago, elijo la paz.
I release past anger and hurts and fill myself with serenity and peaceful thoughts.	Libero la ira y las heridas pasadas y me lleno de serenidad y pensamientos de paz.
I observe my thoughts and actions without judging them. I am kind with myself.	Observo mis pensamientos y acciones sin juzgarlos. Soy amable conmigo.
I release the past and live fully in the present moment.	Libero el pasado y vivo plenamente en el momento presente.
I am happy exist.	Estoy feliz de existir.
At the end of the day, we endure much more than we think we can." -Frida Kahlo	Al final del día, soportamos mucho más de lo que creemos que podemos." -Frida Kahlo
Mistakes do not define me.	Los errores no me definen.
You still have time to grow and bloom.	Todavía tienes tiempo para crecer y florecer.
I am going to make it.	Lo voy a lograr.
I am enough. I value myself.	Soy suficiente. Yo me valoro.
I am intelligent and every part of me is special and that makes me unique.	Soy inteligente y cada parte de mí es especial y eso me hace único/a.
Rest fuels our strength.	El descanso alimenta nuestra fuerza.
Hope is the ability to mentally visit your future, return to the present and prepare for the journey. – Kids at Hope	La esperanza es la capacidad de visitar mentalmente tu futuro, regresar al presente y prepararte para el viaje. -Kids at Hope

## Affirmation Statements

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English	Spanish
Plant seeds of happiness, hope, success, and love; it will all come back to you in abundance. This is the law of nature. – Steve Maraboli	Planta semillas de felicidad, esperanza, éxito y amor; todo volverá a ti en abundancia. Esta es la ley de la naturaleza. – Steve Maraboli
Hope lies in dreams, in imagination, and in the courage of those who dare to make dreams into reality. – Jonas Salk	La esperanza está en los sueños, en la imaginación y en el coraje de aquellos que se atreven a hacer realidad los sueños. - Jonás Salk
May your choices reflect your hopes, not your fears. – Nelson Mandela	Que tus elecciones reflejen tus esperanzas, no tus miedos. - Nelson Mandela