

Self-affirmation Board

How we talk to and treat ourselves can not only influence our willingness to make good choices and habits for ourselves, but it can also impact the way we approach relationships with others. It is important to create spaces where young people can reflect on, visualize, and even display what they appreciate about themselves. Creating a self-affirmation board, especially with others in a group setting, can promote positive self-talk and can give opportunities for group members to give affirmations to one another as they help each other search for what they like about themselves.

Social Emotional Learning Competency:

- Self-Awareness

Purpose:

- Participants use artful reflection to learn positive self-talk and develop positive self-image.

Materials:

- Poster board (one sheet per participant).
- Permanent markers or colored pencils.
- Pictures or old magazines.
- Glue stick.

Success Indicators

- Participants use images, words, and drawing to describe and affirm who they are.
- Participants are willing to share what they like about themselves.

Recommended Group Size:

- 2-25; it works well when participants are split into small groups.

Est. Time: 15-60 minutes

Recommended Age: 6-18

For more information and activity resources visit ohio4h.org

Activity Description

1. Split participants into small groups (if desired) and give each participant a piece of poster board.
2. Provide materials for writing and decorating – pens, permanent markers, magazines colored pencils, etc.
3. Prompt participants to think about who they are and what they like about themselves.
4. Positive self-talk is not always common or easy, and it can be helpful to offer simple prompts to get participants thinking:
 1. What about you is different from most, or anyone, you know? What is unique about you?
 2. What makes you a good person?
 3. What good things to people say you do often?
 4. What is your favorite part of being you?
5. Encourage them to decorate their board to show what they like about themselves, and to write phrases and words that positively affirm/congratulate who they are.
6. If participants are unsure and comfortable with the group, push them to ask their peers for ideas. This makes for great, positive discussion and can bring positive words from others, which is also impactful.
7. Finish by asking participants to share their poster with the group.

Created by Ashlynn Favors and Tyler Kessler, 4-H Educator, 11/16/2022



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Resources

<https://www.healthline.com/health/positive-self-talk>

<https://www.verywellmind.com/how-to-use-positive-self-talk-for-stress-relief-3144816>

<https://www.verywellfamily.com/how-to-teach-kids-to-engage-in-positive-self-talk-5205084>

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