

Capturing Kids' Hearts Tip of the Month

Topic – “Affirmations”

What is it?

Affirmations are statements of support, encouragement, and noticing something positive another person did. We emphasize affirmations between all people associated at Jenkins. It can be as easy as having students give an affirmation to each other after a group task or presentation. Affirmations are a powerful way to let another person know that they are important and appreciated.

Personal take

Especially since being on the Capturing Kids' Hearts journey, I have made an intentional effort to affirm my daughters more to let them know they are noticed, loved, and valued. You can see the impact the affirmation has on them by the look in their eye and body language. Because of the response I get from them when giving an affirmation, it makes me want to look for more positive things to affirm them even more. I believe it helps their self-confidence, identity, and follow through with values we are teaching them at home.

Purpose behind it

Who doesn't want to be affirmed? Affirmations are a powerful way to influence a person's outlook on themselves and others as well as the impact it can have on an entire team culture. Affirmations force people to look for positive things in other people instead of negative thoughts being the default mode of thinking. When we choose to affirm people, we choose to be a difference maker.

Helpful hints

- ✓ Be specific with your affirmation. Saying “good job” or “nice try” are not ways to affirm another person. Replace those statements with, “I loved the way you found a way to overcome that tough situation by setting a goal, putting a plan of action behind it, and sticking with it. I really respect the way you did that.”
- ✓ Set an alert on your phone or make a note in your planner to give at least one affirmation a day. We are creatures of habit and we need to make this a daily routine if we want it to stick.
- ✓ Keep it simple. You can give an affirmation in person, in a card, in a text, and many other ways. Don't make this harder than it is.

Challenge

Take out your cell phone and text someone right now who needs encouragement, a supportive message, or a statement that acknowledges something positive they did. As we model affirmations for our kids, they will learn to approach life the same way.