



Bedtime



WORDS OF AFFIRMATION FOR KIDS

I am safe and loved.

Today I did my best.

I am proud of myself.

I am kind to others.

My body is calm and ready to rest.

I can relax and let go of the day.

I am brave and strong.

I am thankful for today.

I am growing and learning every day.

I am surrounded by love.

I am gentle with myself.

I believe in myself.

I am a good friend.

I am smart and creative.

I can handle challenges.

I am calm, relaxed, and peaceful.

I am loved just the way I am.

I can try again tomorrow.

I bring joy to my family.

I am special and unique.

I am proud of who I am.

I am cared for and protected.

I can rest and recharge my body.

I am excited for a new day tomorrow.

I am ready for sweet dreams.

Good Thoughts At Bedtime

Lingsheng Yao



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