

PROMOTING POSITIVE AFFIRMATIONS IN YOUR CLASSROOM

by:

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A classroom environment that is full of positive affirmations between and among the teacher and pupils is essential to better enrich children's self-perception. The positive affirmations help them grow with self-confidence. It also helps improve their personality, effort, and attitude. Daily dose of affirmation in the classroom provides a positive and encouraging atmosphere which makes class sessions more productive and enjoyable.

Words of affirmations like "I am kind, I am smart. I am diligent" all provides confidence to the pupils. These positive affirmations should be given generously. However, it will be more realistic and helpful if a student is given such affirmation backed up with what he has recently done. For example, a student helped a fellow student carry his heavy bag and other things, the teacher acknowledges the action by saying he is a helpful child and that his action is appreciated. Follow up by letting the student state the affirmation, "I am helpful." Same is true when a child has done a creative output. Acknowledge the effort made by the student and encourage him to say, "I am creative." In the future, he will strive to do really well and more to show his creativity and come up with better results.

Focus on the strengths of the student and refrain from criticizing and comparing them as each child has his own unique potentials and talents. Words of encouragements can help bring out the best in them. It also creates a happy classroom where children enjoy learning. A classroom filled with positive affirmations from the teacher and between pupils can provide an atmosphere where every child is encouraged to do more and be at

their best. The affirmations can help shape their personality and character into better ones which each child can carry on even in his future endeavors.

References:

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