



Affirmation Songs & Cheers

Use songs or cheers to help children affirm their sense of self.

Prompt children to say something positive about themselves. *Add their word(s) to the song or cheer (*helpful, smart, friendly*).

Proud of Who I Am (tune: Farmer in the Dell)

I'm proud of who I am.
I'm proud of who I am.
I'm a *special person.
I'm proud of who I am.

I'm Glad I Am Me (tune: Happy Birthday)

I'm glad I am me,
I'm glad you are you.
We both are *good people,
And we are friends too.

Cheer!

2, 4, 6, 8!
(Child's name) is *kind
And that is great!