

## POSITIVE THINKING FOR KIDS

By Marneta Viegas

While Jamie Oliver is watching what goes into children's mouths, Relax Kids helps what goes into their minds.

We can probably all remember the victorian style of teaching where we would have to repeat one hundred lines – I will not.... I will not...., after a bout of indiscretion. This system of repeating a thought was meant to drive deep into the child's psyche. I'm sure there were few re-offenders as sore ink-stained fingers were a good deterrent. The system of repeating a more positive set of words has been slowly developing mainly in pockets of lentil-eating and sandal and sock-wearing communities. Louise Hay has brought the simple but effective system of using affirmations into the main stream. After being diagnosed with cancer she used positive affirmations to totally heal herself and went on to write twenty seven books on the fascinating subject.

The theory goes that our bodies almost listen to our thoughts and whatever we think about ourselves, the body responds. Whatever we believe about in ourselves – it usually manifests. I always believed that I was the fattest in the class. Even as a teenager, I believed I was too big really to be on stage as a dancer. I was constantly hounding myself with thoughts of low self image and esteem, repeating to myself *I am too fat I am too fat*. And yet when I see my stage costumes of fifteen years ago – they are tiny. I was never too big – I just believed I was and so this became my reality and over the years I put on weight.

As a children's entertainer, I found it very disturbing when other clowns would gain cheap laughs by singling out children and calling them *silly sausage* or *stupid*. It might seem harmless, but when we understand that the subconscious doesn't understand lies and jokes, then we can see that these words are going inside these little minds and helping them shape their reality. Children have powerful imaginations and we need to instil this positivity into their young minds.

I have seen children literally shrivel as stressed-out adults have lashed out at them in the aisle of busy supermarkets. As a child, I remember behaving badly as a way get attention. Of course the attention that this type of behaviour attracts is not really what they desire. Children need love and love-filled communication. They are constantly looking to adults as role models for these positive qualities. Being a child is quite simple. It is about needing to feel love and safe, happy and secure.

And yet our lives are so busy and erratic, sometimes there isn't the time to ponder on these vital needs. The use of affirmations gives children a chance to delve into the beauty of their inner qualities and so enhancing their confidence and self-esteem. Children respond so well to positive comments. They thrive in positive atmospheres. We all remember how wonderful it was receiving star or well done stickers on our primary workbooks. I remember days when I practically floated out of the school feeling so pleased with my efforts and happy that someone had noticed.

Positive affirmations exercises are invaluable for developing the holistic and creative input for every child. Benefits include increased patience, focus, concentration, listening skills, and improved communication skills, a sense of caring, confidence and

self-esteem. Affirmations help children create positive beliefs and so promote positive behaviour. They also help release endorphins into the system which improves health and a happy outlook.

Affirmations are of enormous value in any learning process/developmental process because they help us to fix an idea very securely. If we do this first, as a pre-requisite to learning then the mind is open/ready to accept new ideas, to strengthen familiar concepts and to release its full potential in connecting these ideas to make sense of the world from a more positive and insightful perspective.

Affirmations can be used by parents and teachers who want to create the ideal study environment at home and in school. Having worked in schools, I have seen a profound improvement in the children's behaviour who have been working with affirmations and self-esteem cards. In one class of six year old boys, they sparked off a group discussion of whether it was better to be unique or valuable or better to be the best. A school teacher in Brighton remarked that she uses Star Cards daily. The four year olds take it in turns to choose a Star Card for the day for the whole class. *'The atmosphere has changes considerably – the children are so much more communicative and interested in sharing and caring basic truths.'*

There are a wide range of affirmation or angel cards that you may like to use at home or school. Relax Kids have developed two sets specifically for children – STAR CARDS – a set of 52 positive affirmations for children and MOOD CARDS – a set of 52 positive moods for children.

You may like to make your own cards. Write down as many positive qualities or affirmations and put them on coloured card. You may prefer to write them on Post It notes and leave them around the house/classroom. Children can pick a card to set before school, or when they are upset to help diffuse the hurt. Affirmation cards can also be used at bedtime to give the child a positive thought before sleeping.

Here are some positive affirmations to use with you child.

I am a Super Star  
I am a Special Star  
I am a Clever Star  
I am a Loving Star  
I am a Peaceful Star

To order Relax Kids Star Cards or Mood cards visit:  
[www.calmkidsyoga.com.au](http://www.calmkidsyoga.com.au)