

MICRO AFFIRMATIONS

The cards provided in this packet are designed to define what micro affirmations are and to explain why they are important as we practice more inclusive communication behaviors.

How to use Micro Affirmations Cards

1. Hang these cards wherever people can see them – in classrooms, hallways, locker rooms, and offices. Take a minute to share each micro affirmation and then discuss examples of a time that you may have positively experienced a micro affirmation.
2. Introduce 1 card per day for a full week. Read each card aloud and then give 3 minutes of silent reflection time. Students may choose to journal about what they've heard. Once everyone has had time to reflect on the micro affirmation, start a group discussion based on the question. Use the discussion as an opportunity to practice micro affirmations. Remember, everyone has a responsibility for co-creating a safe space for discussion.



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SMILE

A smile has the power to let another person know that you see them and you're happy they are a part of your day.



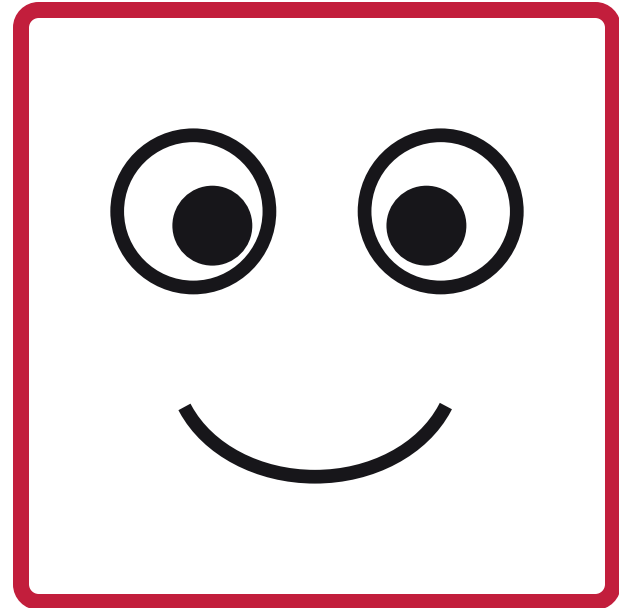
Smiling is a contagious micro affirmation. It has the ability to improve your mood and the mood of others.

Do you remember the last time someone's smile brightened your day? What do you remember about it?



MAKE EYE CONTACT

Making eye contact while communicating with others builds respect and improves understanding.



Making eye contact is an important micro affirmation. It communicates that you're paying attention and that you respect what other people have to say.

Can you describe two or more ways that making eye contact has improved your communication?



PUT AWAY YOUR PHONE

Putting away your phone when talking with someone tells a person that you care about the conversation.



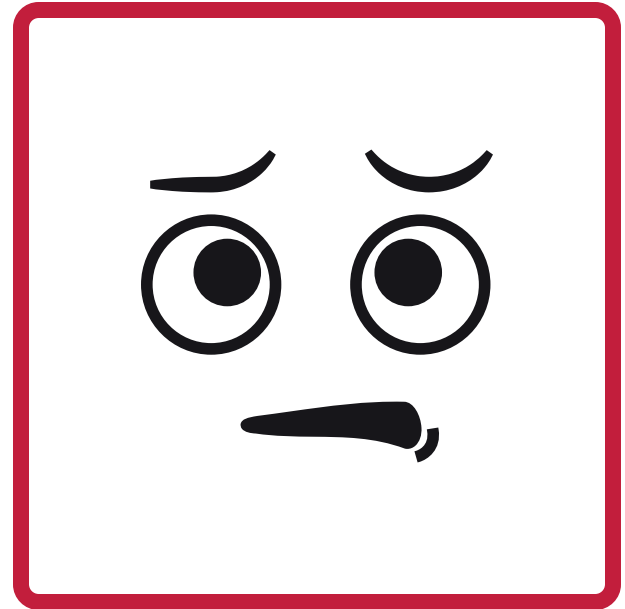
Researchers have found that the presence of a phone weakens conversations and understanding. On the flipside, putting your phone away immediately tells the other person that you're fully focused and ready to talk.



What is your reaction to this micro affirmation?

VERBALLY ACKNOWLEDGE EMOTIONS

Telling someone that you see and understand their emotions helps them feel supported.



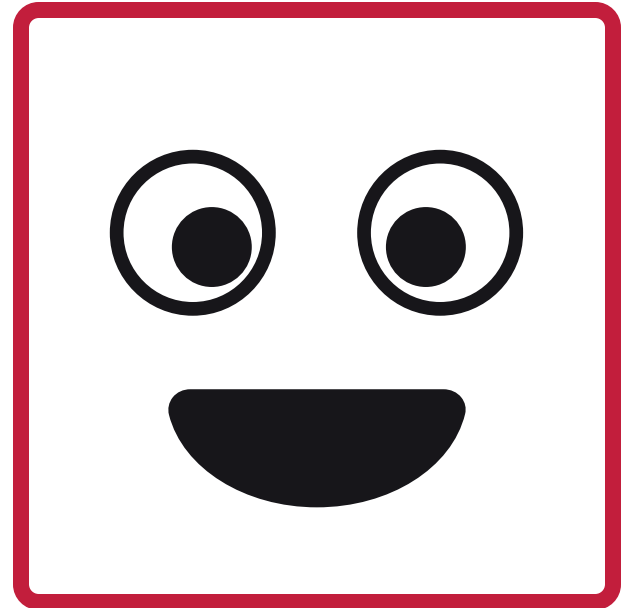
Emotional validation is a micro affirmation with big impact. Telling someone that you understand their emotions helps them feel like their emotions are not wrong or inappropriate. Can you define emotional validation in your own words?

Has it ever helped you feel better?



RECOGNIZE THE SUCCESS OF OTHERS

Joy is an emotion that we want to share with others. Recognizing someone's success expands a person's joy.



Celebrating the success of another person is a micro affirmation that multiplies joy. It communicates personal connection with others and helps people feel seen. Think of a time when someone else celebrated with you.

How did that make you feel?



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