

Positive Affirmation Tracing

Trace & Read Aloud

Trace each line carefully and read the positive words aloud. You are amazing!

Name: _____

Date: _____

Peaceful and Calm

I am peaceful, I am calm,
My heart is like a healing balm.
I breathe in joy, I breathe out fear,
The best of days is already here.
I choose my thoughts with love and care,
I find the beauty everywhere.
My soul is warm, my smile is wide,
I carry sunshine deep inside!