

I am...



“I am ...” encourages students to think about all of the ways they’re striving to be kind at school and in their community. It offsets societal messages that we’re never enough or that there’s something wrong that needs improving. Repeating the positive “I am” phrases boosts confidence and helps students calm their minds and bodies. You can use the list provided, or work together as a class to identify qualities you value.

Have students sit comfortably with their eyes closed. The leader (a teacher or a student) reads each statement, and the students quietly repeat it.

Who am I? I am ...

- I am a good person
- I am helpful
- I am compassionate
- I am brave
- I am empathetic
- I am learning self-awareness
- I am a good listener
- I am a good problem solver
- I am a human being
- I am honest
- I am a good friend
- I am loving
- I am making healthy choices
- I am thoughtful
- I am generous
- I am full of kindness

Now take a moment to think of three more things that you are striving to be, and say them quietly to yourself.

- I am ...
- I am ...
- I am ...

Repeat the exercise for as long as it resonates with students.