

Fun Mental Health Worksheet

Name: _____

Instructions: Affirmations can be a powerful tool for nurturing positive emotions and self-belief. Use this worksheet to create fun and uplifting affirmations for various emotions, promoting a healthy and joyful emotional mindset.

Part I: Identify a range of emotions you commonly experience. Create Affirmations: For each emotion, come up with a positive and playful affirmation. Remember to keep it fun and light-hearted!

Happy: _____

Sad: _____

Excited: _____

Calm: _____

Anxious: _____

Grateful: _____

Angry: _____

Loved: _____

Confident: _____

Curious: _____

Part II:

Daily Affirmation Ritual: Pick one or two affirmations each day to focus on. Repeat them to yourself in the mirror or write them down in a journal. Embrace the playful energy of the affirmations and let them infuse your day with positivity.

Part III:

Reflection Questions:

How did creating playful affirmations make you feel?

Which affirmations resonate with you the most, and why?

How can you integrate these fun affirmations into your daily routine?