



Move your Body for Week 9

MAA Grades 6-8

Move your body for at least 15 minutes each day.

As the weather warms up, and we are spending more time outside, I know we are all getting more exercise. But:

It is still a hard time in which we are living, and even more difficult to stay positive. Pressures still exist. We are still more alone than usual, and with more time to think, negative thoughts can creep in. So for this week, I want you to continue your 'knotty learning' from last week, I challenge you to be outside for at least an hour each day, and I want you to start using daily mantras.

What's a mantra, you ask?? Good question.

A mantra is a word, sentence or sound that, when repeated, helps in meditation (lots of people use them while doing yoga). Give your mind something on which to focus and help drive out negative thoughts! One type of mantra can be a self-affirmation (a statement about yourself that helps you to feel more positive).

So, for this week, I want you to choose 1 self-affirmations each day and repeat it often throughout the day to help you focus on the positive things in your life and drive out those negative thoughts. You can choose from the list below, or come up with your own...

-Ms Thorne

Here are 37 positive affirmations to help combat negative thinking:

To increase self-esteem and body image

1. I embrace my flaws because I know that nobody is perfect
2. I don't want to look like anyone but myself
3. I get better every day in every way
4. My self-worth is not determined by a number on a scale
5. I matter, and what I have to offer this world also matters
6. I love myself deeply and completely

To help deal with adversity

7. This too shall pass
8. Failure is great feedback
9. I am confident about solving life's problems successfully
10. I learn from my challenges and always find ways to overcome them
11. Everything works out for the best possible good
12. I press on because I believe in my path

To encourage you to believe in your future

13. If I can conceive it and believe it, I can achieve it
14. The future is good, and I look toward it with hope and happiness
15. I can do whatever I focus my mind on
16. I follow my dreams no matter what
17. All my problems have solutions
18. I am open to all possibilities

To reduce comparing yourself to others

19. I compare myself only to my highest self
20. I am not trying to fit in, because I was born to stand out
21. I refrain from comparing myself to others
22. Beauty comes in all shapes and sizes
23. I am who I want to be starting right now
24. I see perfection in both my virtues and my flaws

To deal with bullying or social conflict

25. I belong, and I am good enough
26. No one can make me feel inferior without my consent
27. I surround myself with people who treat me well
28. I see the beauty in others
29. I am safe and sound, and all is well
30. It is okay to say no because those who matter don't mind and those who mind don't matter

To improve your overall attitude

31. I am perfect and complete just the way I am
32. I control my emotions; they don't control me
33. I am too big a gift to this world to feel self-pity
34. Today is the best day of my life
35. I fill my day with hope and face it with joy
36. I choose to fully participate in this existence
37. The mistakes I made yesterday are creating the person I'll be tomorrow
Happy chanting, Max Aitken Academy!