

# Printable Body and Health Affirmation Cards

I am proud  
of my  
healthy  
body

My  
body is  
strong

My heart  
beats  
strong  
and  
steady

My mind is  
smart and  
resilient

Cut along the dotted lines 

Personal Use Only

INK  
and  
Scribbles

**I keep  
myself  
healthy by  
washing my  
hands**

**My parents  
keep me safe  
and help me  
look after  
myself**

**I keep my  
body  
healthy by  
exercising  
and playing**

**I keep my  
mind  
positive  
with things I  
enjoy**

Cut along the dotted lines 

**I trust  
my  
body's  
ability to  
heal itself**

**I'm thankful  
for the  
doctors and  
nurses who  
help others**

**I make  
healthy  
food  
choices**

**I trust the  
scientists  
who discover  
things that  
help us stay  
well**

Cut along the dotted lines 

**I have  
strength  
in my  
arms**

**I allow my  
body to  
relax and  
rest**

**I can move  
quickly  
using my  
legs**

**I treat  
my body  
with  
kindness**

Cut along the dotted lines 

**I can taste  
yummy  
things  
with my  
tongue**

**I can see  
beautiful  
things with  
my eyes**

**My  
muscles  
are full of  
energy**

**I can smell  
wonderful  
smells with  
my nose**

Cut along the dotted lines 

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# Children's Health and Body Affirmations

- 1) Print off PDF file on to white card stock:
- 2) Cut out cards along dotted lines.
- 3) Use regularly with your child to create positive body image, and prevent health or body anxiety.

