



Affirmations for Whole Group

1. Yes Clap - Hold arms out wide, clap hands overhead and say, "Yes!"
2. Pat Yourself on the Back - Give yourself a pat on the back and say, "I'm good stuff."
3. Ole' - Wave hand above head while clicking heels together and shouting, "Ole!"
4. Praise from the Bottom Up - Stomp feet twice.
5. WOW - Hold up three fingers on either side of your face and say, "Wow!"
6. It's My Birthday - Circle hands in front while swaying and singing, "It's My Birthday."
7. Brrrr-illiant - Cross your arms reaching for your back while shaking like you are cold saying, "Brrrr-illiant."
8. Fan-tastic - Place your palms facing your face. Fan your face with your fingers while saying, "Faaaannnn - tastic!"
9. Yes! - Make a fist and pull your elbow into your hip while saying, "Yes!"
10. Standing Ovation - Arms overhead making an "O" while saying "O" as if it were a mantra.
11. Sitting Ovation - Same as above, only sitting down.
12. Round of Applause - Hands clap while making a large circle around your head.
13. Na-Na-Na Cheer - Swing arms back and forth overhead while singing, "Na-na Na-na, Na-na Na-na, Hey, Hey, Hey! GOOD JOB!"
14. Finger Snaps - Snap fingers three times.
15. Firecracker - Clap hands together above your head and move them down like rain drops while you make a "s-s-s-sh-h-h" sound like the firecracker fading.





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16. Fireworks Cheer – Rub hands together and make a sizzle sound. Keeping hands together, ‘shoot’ hands above the head, CLAP, and say, “Oooo, Ahhh!”
17. Roller Coaster Cheer – Lean head back like going up a roller coaster, with arms holding on to pretend bar. Say “Click, click, click, click, click....” Then throw arms up while saying, “Weeeee!”
18. Cowpoke Cheer – Swing your hand over your head in a circular motion, like a lasso, and yell “Yee Haw!”
19. Rain Cheer – Quietly start patting hands on legs. Gradually get louder (like rain). Clap loudly once (thunder). Slow hand slap on lap until quiet again.
20. Great, Great, Great! – Pretend to be grating cheese while stating, “Great! Great! Great!” quickly.
21. Ketchup Clap – Extend the left palm in front of you. Pound the right fist into the open palm of the left hand, like you are trying to get ketchup out of a bottle.
22. Outstanding – Jump to the right and say, “Out.” Then put hands overhead, stretching high and say, “Standing!”
23. Saturday Night Fever – Put left hand on hip. Put right hand in the air and point. Move right arm in and out in a disco fashion.
24. X-cellent – Cross hands over chest to form an X while saying, “Excellent.”
25. Tarzan – Beat chest ‘Tarzan style’ and say, “Awe-awe-awe-some!”





Affirmations for Whole Group

26. Seal of Approval – Cross arms like an X in front of body. Clap the backs of hands together (like a seal) and say, “Arf, Arf, Arf!”
27. Kiss Your Brain – Kiss your fingers and touch your head.
28. Kiss Your Heart – Kiss your fingers and touch your heart.
29. Shine Your Halo – Trace your fingers in a circle about your head.
30. Sign Language Applause – Raise both hands in the air and rotate them back and forth quickly.
31. Catch a Star – Reach up, grab a star and put it in your head or heart.
32. KC & the Sunshine Band – Dance and sing, "That's the way, uh-huh uh-huh, I like it!"
33. Snap, Crackle, Pop – Snap fingers, rub palms together, and clap hands.
34. Elvis – Turn up your collar, curl your lip, and say, “Thank ya, thank ya very much.”

