I have the power to create change. I inhale confidence and exhale doubt. I embrace the greatness within me.
Positive affirmations submitted by KIPP Chicago staff.
Drawings by KIPP Chicago students.
I AM A MEMBER OF THE ROYAL DIADEM. I AM LOVED.

I AM A GAME CHANGER.

I AM KIND.

I AM LIGHT.

Dr. Mahalia Hines
Mindfulness is the quality or state of being fully present and aware of where we are and what we are doing. It is a mental state achieved by focusing our awareness on the present moment, while calmly acknowledging and accepting all of our feelings, thoughts, and bodily sensations without judgement.

We can practice mindfulness by bringing our attention to the present moment, rather than giving our attention to our thoughts about the past or future. There are many activities that help us do this and coloring is one of them. Through the act of coloring, we can bring our focus and attention to what we are doing, grounded in the activity of filling in spaces and shapes with color.

The benefits of practicing mindfulness are tremendous. Research has found that it can boost our immune systems, decrease stress, reduce psychological pain, improve heart health, reduce emotional reactions, and help us to regulate our emotions.

This coloring book, produced by KIPP Chicago's Children's Museum of Art and Social Justice is a compilation of positive affirmations collected from our teachers. Students in grades Kindergarten through 8th from across the region chose an affirmation to illustrate and submitted their designs. Positive affirmations can be used to reprogram our thought patterns and change the way we think and feel about things. They are the messages we choose to tell ourselves over and over until we internalize and believe them. We hope that you utilize this coloring book as a way to practice mindfulness and meditation while reflecting on the affirmations on each page.

We encourage all educators to create their own positive affirmations coloring book with your students! After collecting affirmation statements, a quick lesson in font style and creating 3D letters will give students a base for illustrating the statement of their choice. We used Adobe Photoshop and InDesign to refine and compile all of the drawings.

Special thanks to Dr. Mahalia Hines for inspiring this project and for sharing your positive affirmations with us.
There is a solution to every problem I face

Bria W. Kindergarten KIPP Academy Chicago Primary
I AM MY ANCESTORS WILDEST DREAMS

Giselle R. 8th grade KIPP One Academy
I AM STRONG!

I AM ME!

Emmanuel E. KIPP Academy Chicago alumni
I AM POWERFUL

Dajuan J. 6th grade KIPP Ascend Middle School
AMO SER YO
(i LOVE BEING ME)
I have the power to create change. I inhale confidence and exhale doubt. I embrace the greatness within me.
AND STILL I RISE!
I CAN BE ANYTHING I DREAM
I am strong
I DID NOT COME HERE ALONE. I WALK WITH MY ANCESTORS AND MY DESCENDANTS.

Amare W. KIPP Academy Chicago alumni
I am Smart

ABC

123
I AM CREATIVE
I AM LOVE
I AM LOVED
I LOVE MY SKIN!
I AM
Black Girl
MAGIC

Kemya W. 8th grade  KIPP Ascend Middle School
I love myself
WE ARE DIFFERENT IN GOOD WAYS
Be unique

Be yourself

Be you
I AM BRAVE
I am worthy.
I am worthy of joy and calm.
I am worthy of happiness in all areas of my life.
I am worthy.

Amare W. KIPP Academy Chicago alumni
Always pick to be confident in yourself. Lift your head up.
I AM
AMAZING
I AM
AMAZING
I AM
AMAZING

Rashawn L. 2nd grade KIPP Bloom Primary
Doy gracias por todo lo que tengo
(I am grateful for everything I have)
I can do hard things
I AM IMPORTANT AND MY STORY DESERVES TO BE TOLD
My roots reach deep. I'm connected to the core of me.

Samariel I. Kindergarten KIPP Academy Chicago Primary