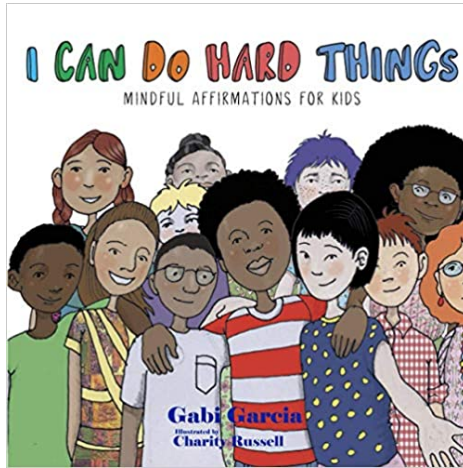




**“I Can Do Hard Things: Mindful Affirmations for Kids”
by Gabi Garcia**

About *I Can Do Hard Things*:

What kids tell themselves matters! It becomes their inner voice. It can help them connect with their power within. Help your child tap into their inner strength and resilience when challenges arise. *I Can Do Hard Things* introduces children to the practice of using mindful affirmations for support and encouragement when they need it. It reflects the beautiful diversity in our world.



About The Author: Gabi Garcia is a mama, licensed professional counselor and picture book author. She spent the last 20 years serving children K-12 as a teacher and school counselor. Gabi writes books that support parents, educators and caregivers in nurturing mindful, socially and emotionally aware children.



Read Aloud Tips:

- Ask students about their affirmations. What statements do they use to support and uplift themselves?
- Model what positive and mindful affirmations look like for students. Give time for students to come up with their own meaningful affirmations and allow them to practice this for themselves.
- Use this book to open dialogue about self-concept. Teach students about self-esteem and the way negative self-talk can impact this.

Additional Resources:

Find more information on other books that can be used in your class library at literacy.roosevelt.edu.

