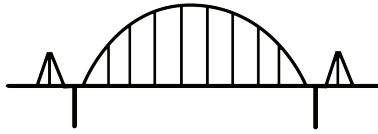




**I HAVE
THE POWER
TO CREATE
CHANGE. I
INHALE
CONFIDENCE AND
EXHALE DOUBT. I EMBRACE
THE GREATNESS WITHIN ME.**



Children's Museum of
Art and Social Justice

COLORING BOOK

Positive affirmations submitted by KIPP Chicago staff.
Drawings by KIPP Chicago students.

KIPP:CHICAGO

PUBLIC SCHOOLS

I AM A MEMBER OF THE

ROYAL DIADDEM. I AM LOVED.

I AM A GAME

CHANGER.

I AM

KIND.

I AM

LIGHT.



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.

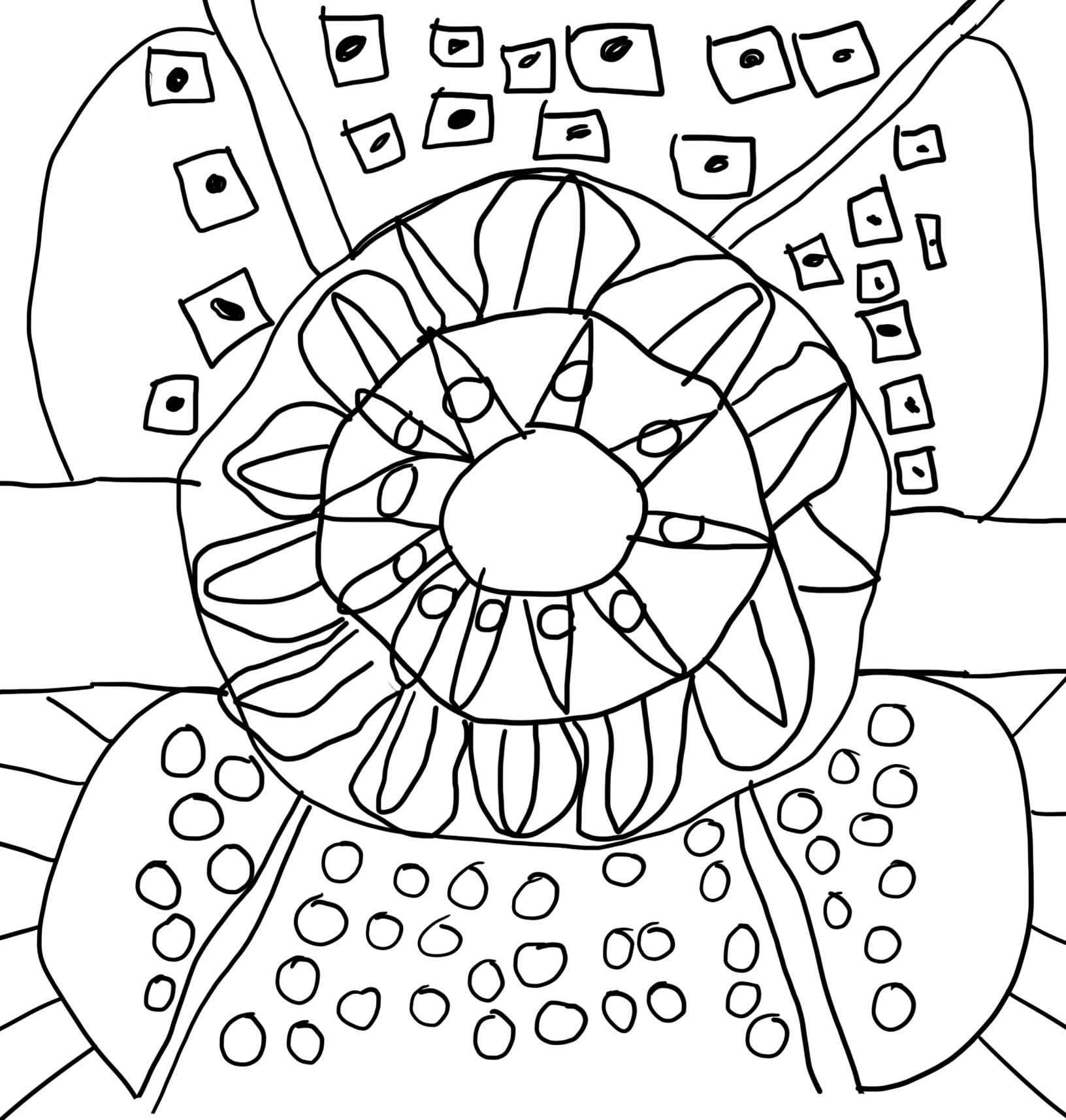
We can practice mindfulness by bringing our attention to the present moment, rather than giving our attention to our thoughts about the past or future. There are many activities that help us do this and coloring is one of them. Through the act of coloring, we can bring our focus and attention to what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

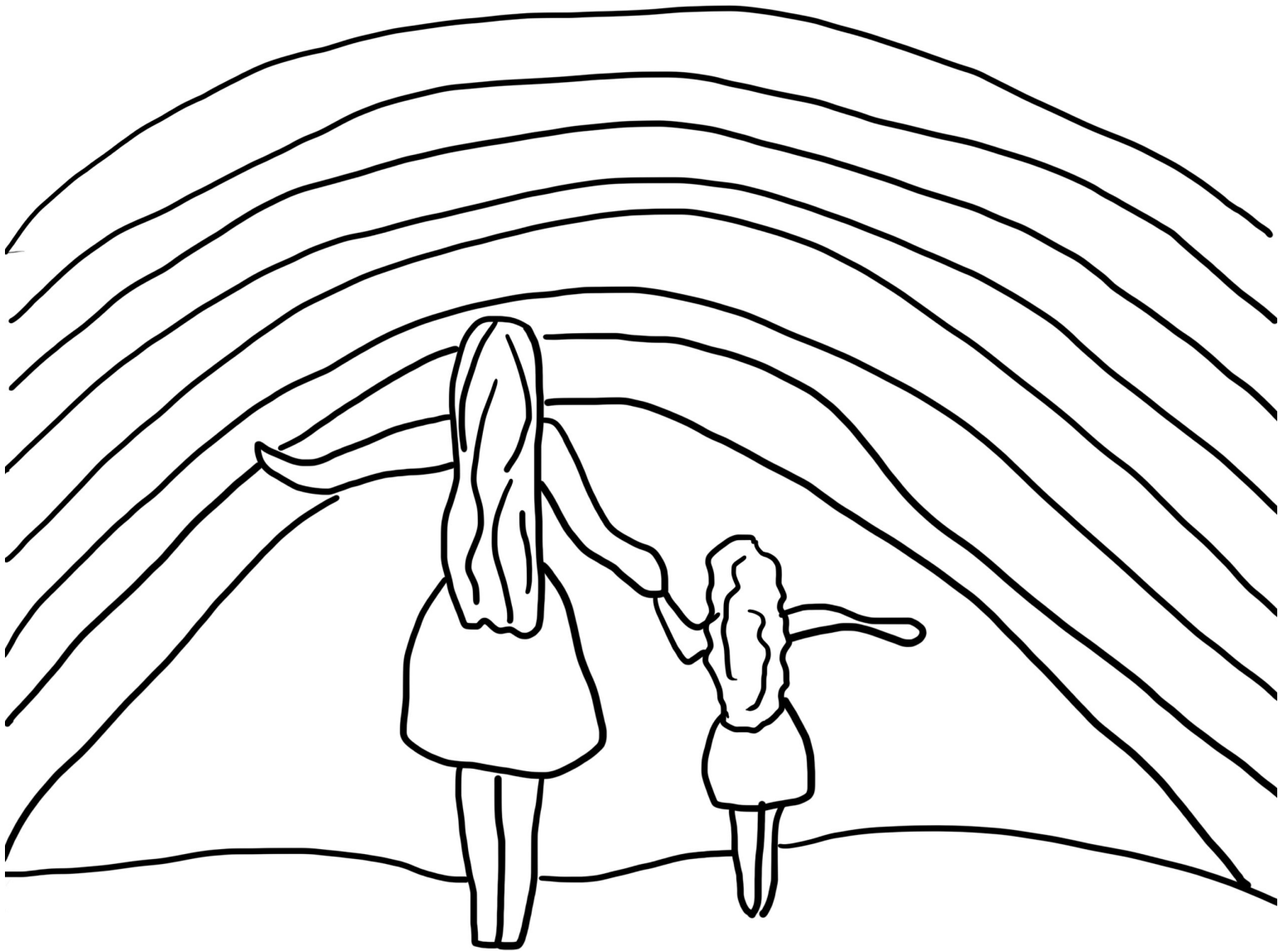
We encourage all educators to create their own positive affirmations coloring book with your students! After collecting affirmation statements, a quick lesson in font style and creating 3D letters will give students a base for illustrating the statement of their choice. We used Adobe Photoshop and InDesign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

I AM MY
ANCESTORS
WILDEST DREAMS

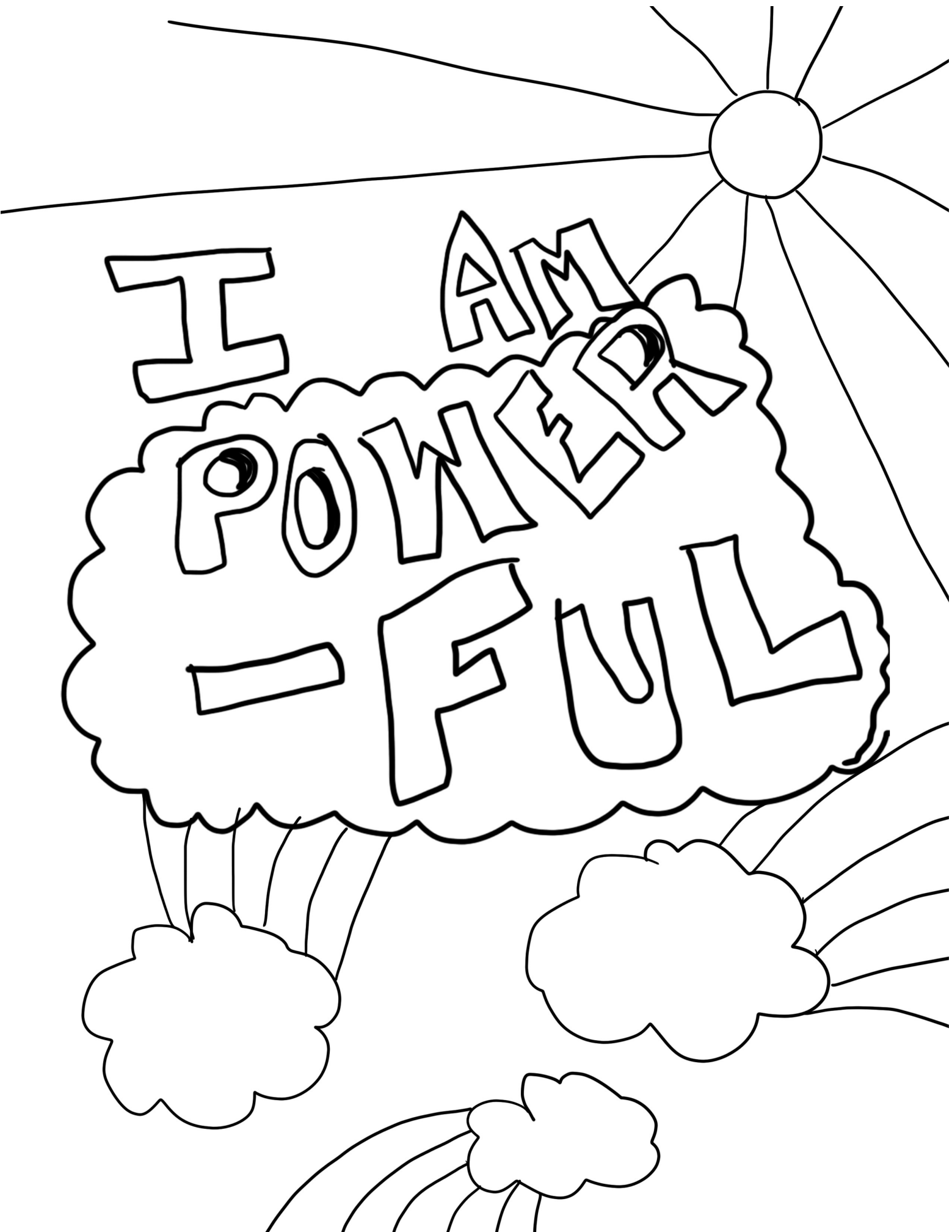


I AM

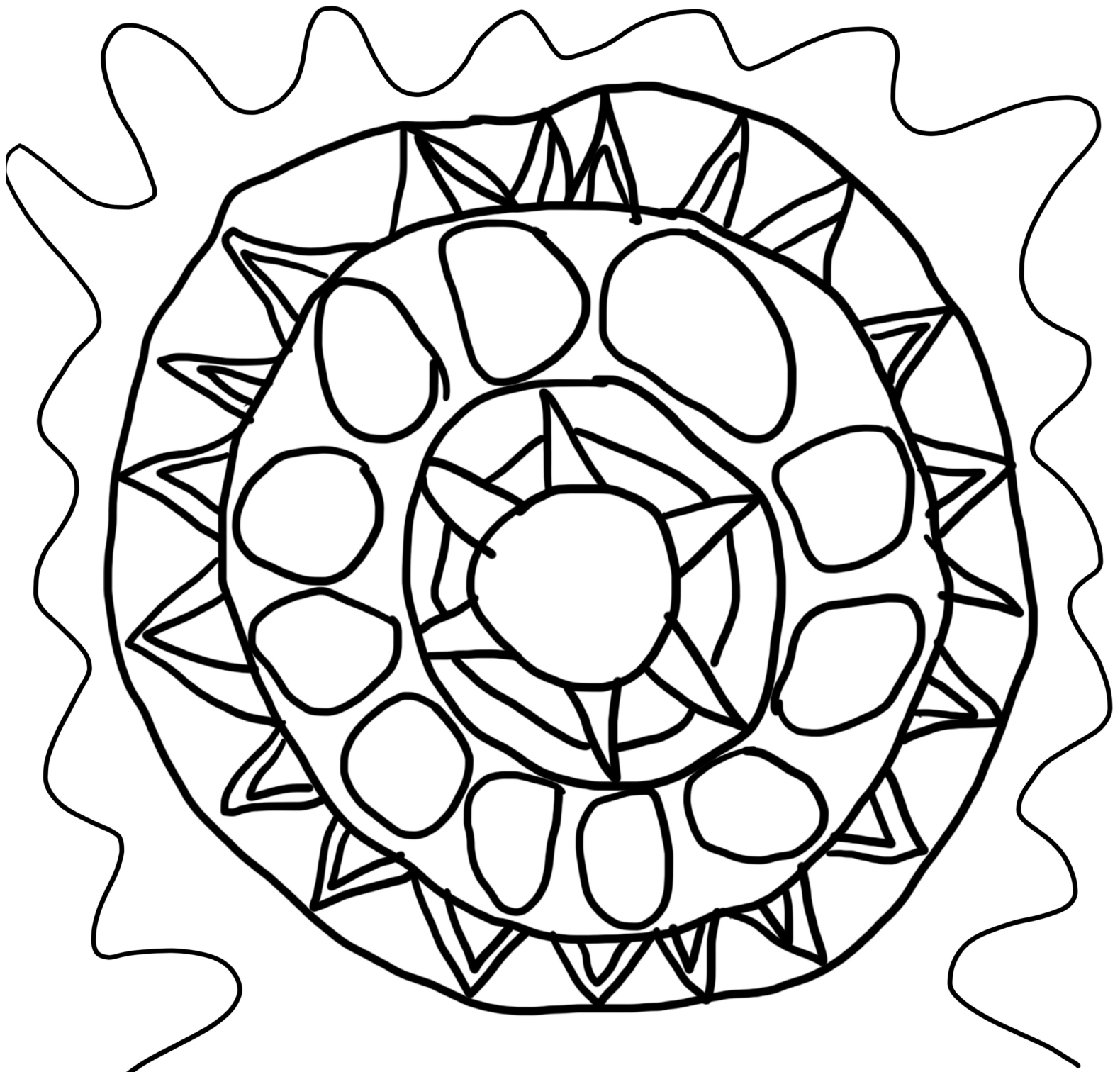
STAY STRONG

STAY STRONG

I AM





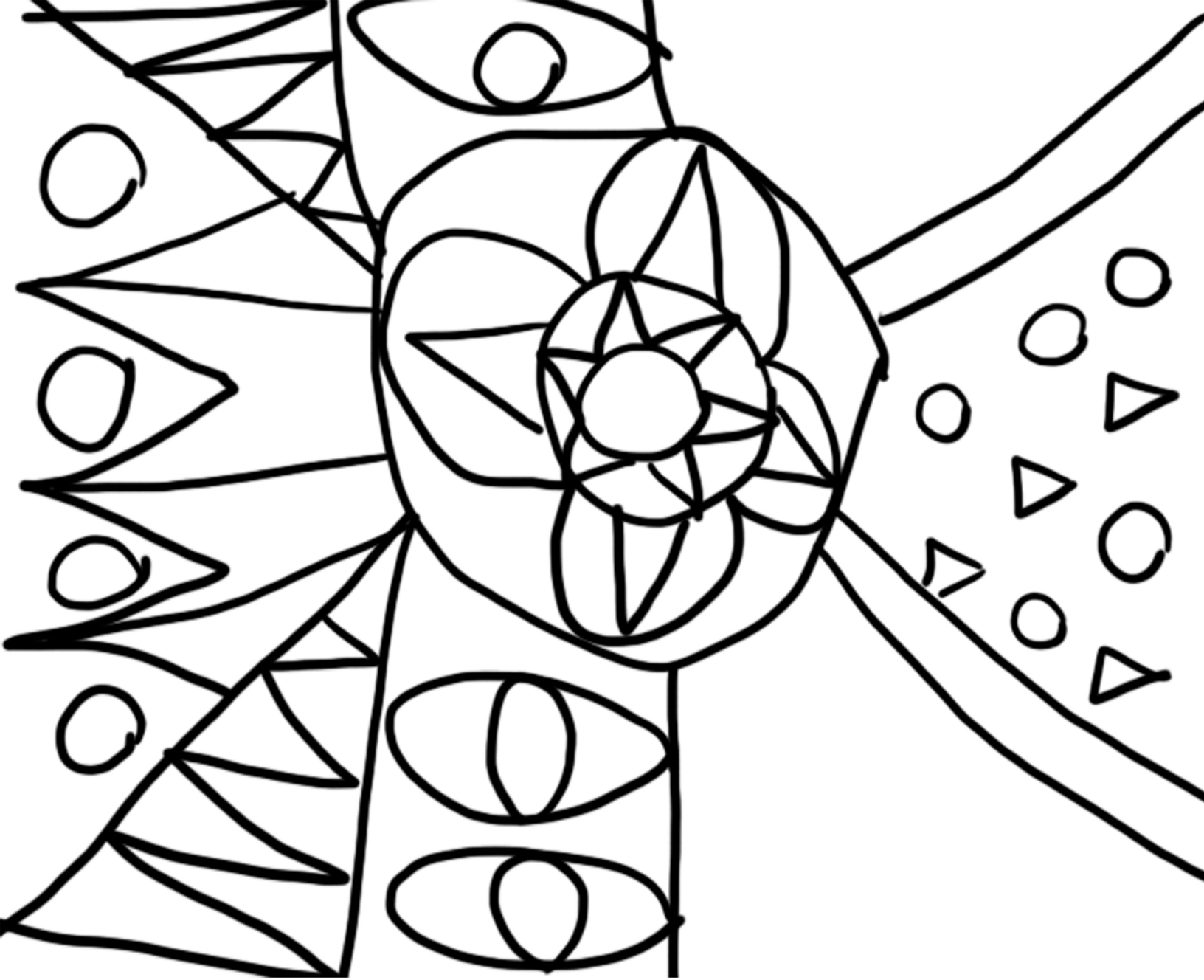


**AMO SER YO
(I LOVE BEING ME)**

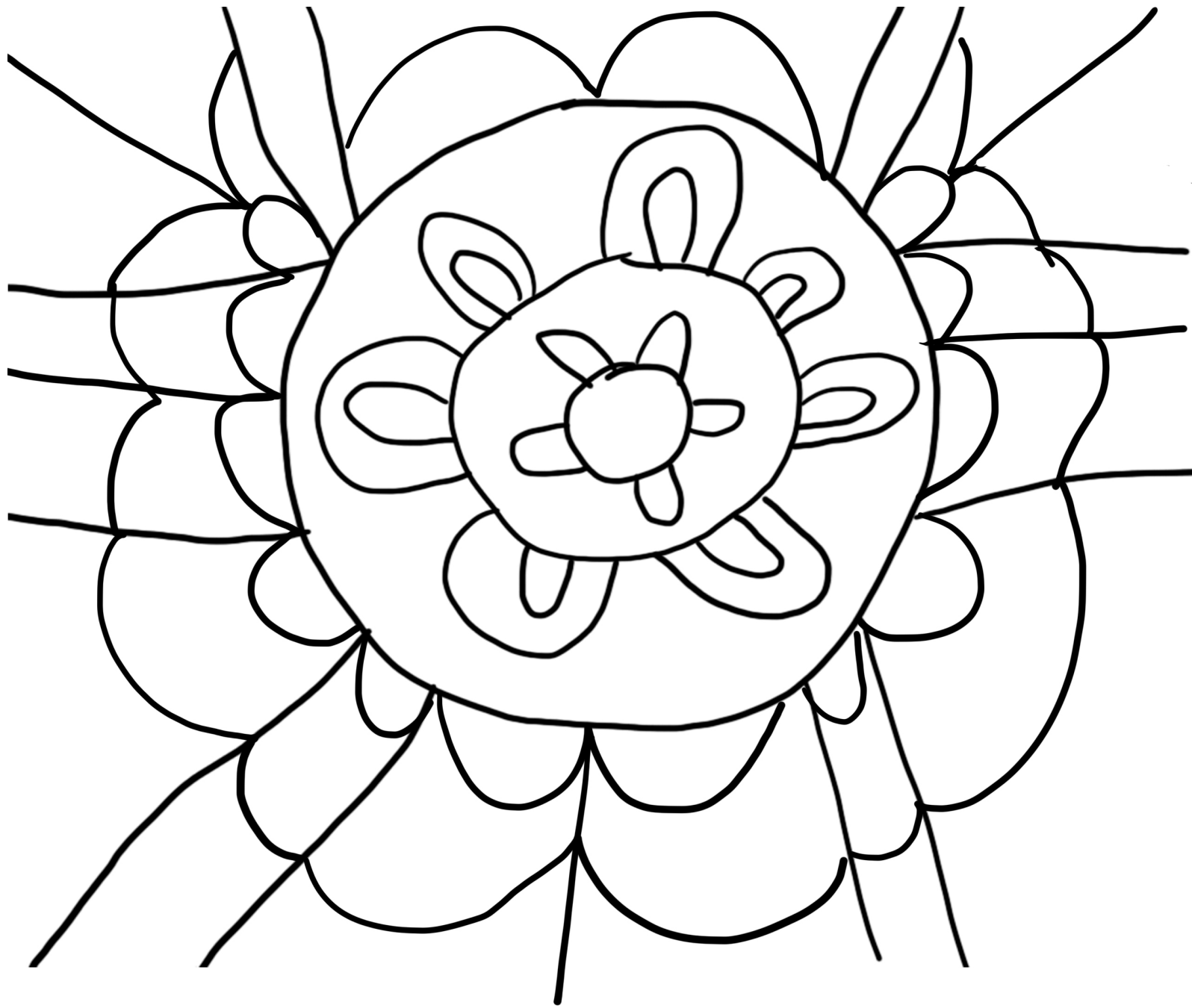


Amare

I HAVE
THE POWER
TO CREATE
CHANGE. I
INHALE
CONFIDENCE AND
EXHALE DOUBT. I EMBRACE
THE GREATNESS WITHIN ME.

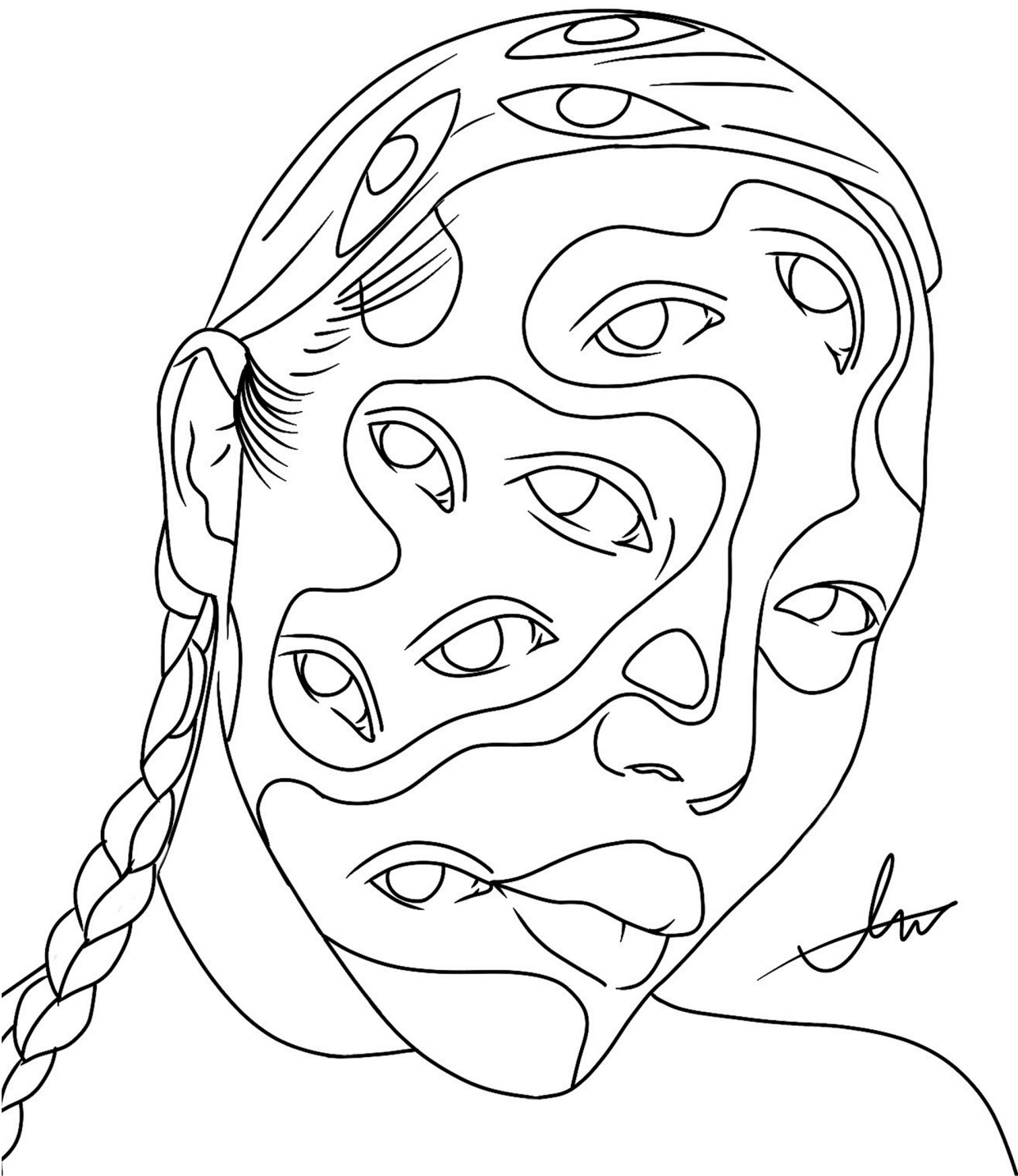


AND STILL
I RISE!

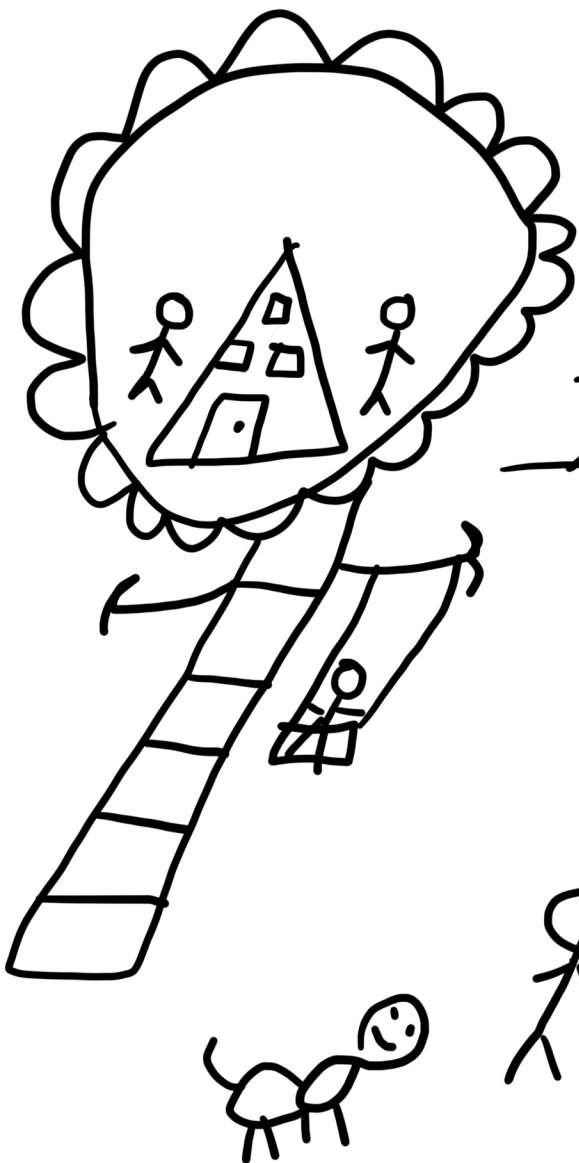


I CAN BE ANYTHING I
DREAM

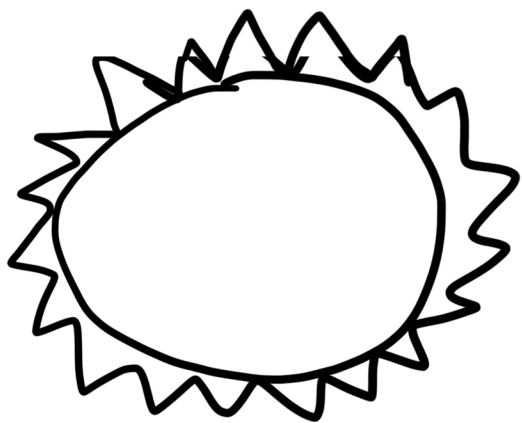




I DID NOT COME HERE
ALONE. I WALK WITH MY
ANCESTORS AND MY
DESCENDANTS.

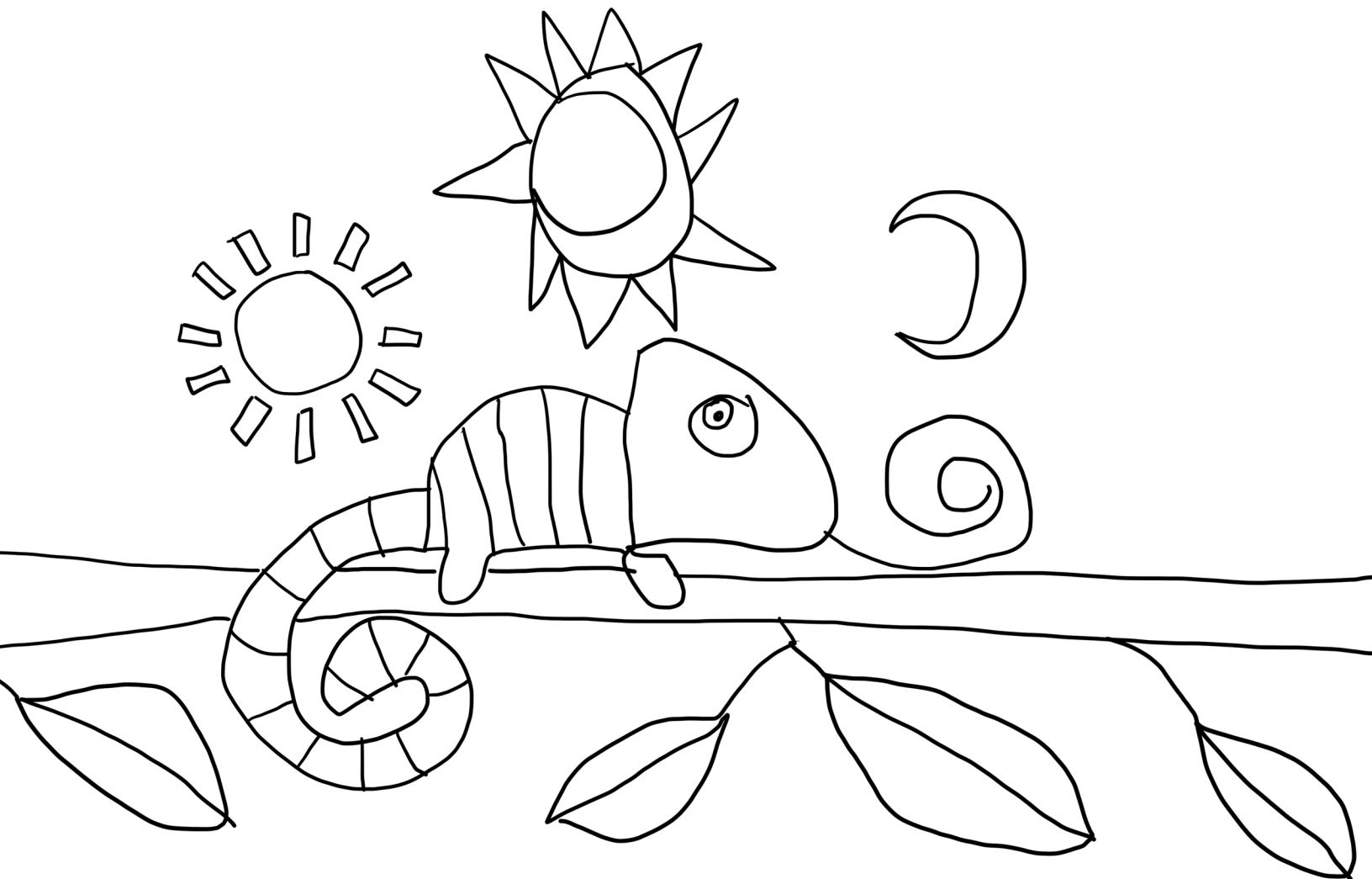


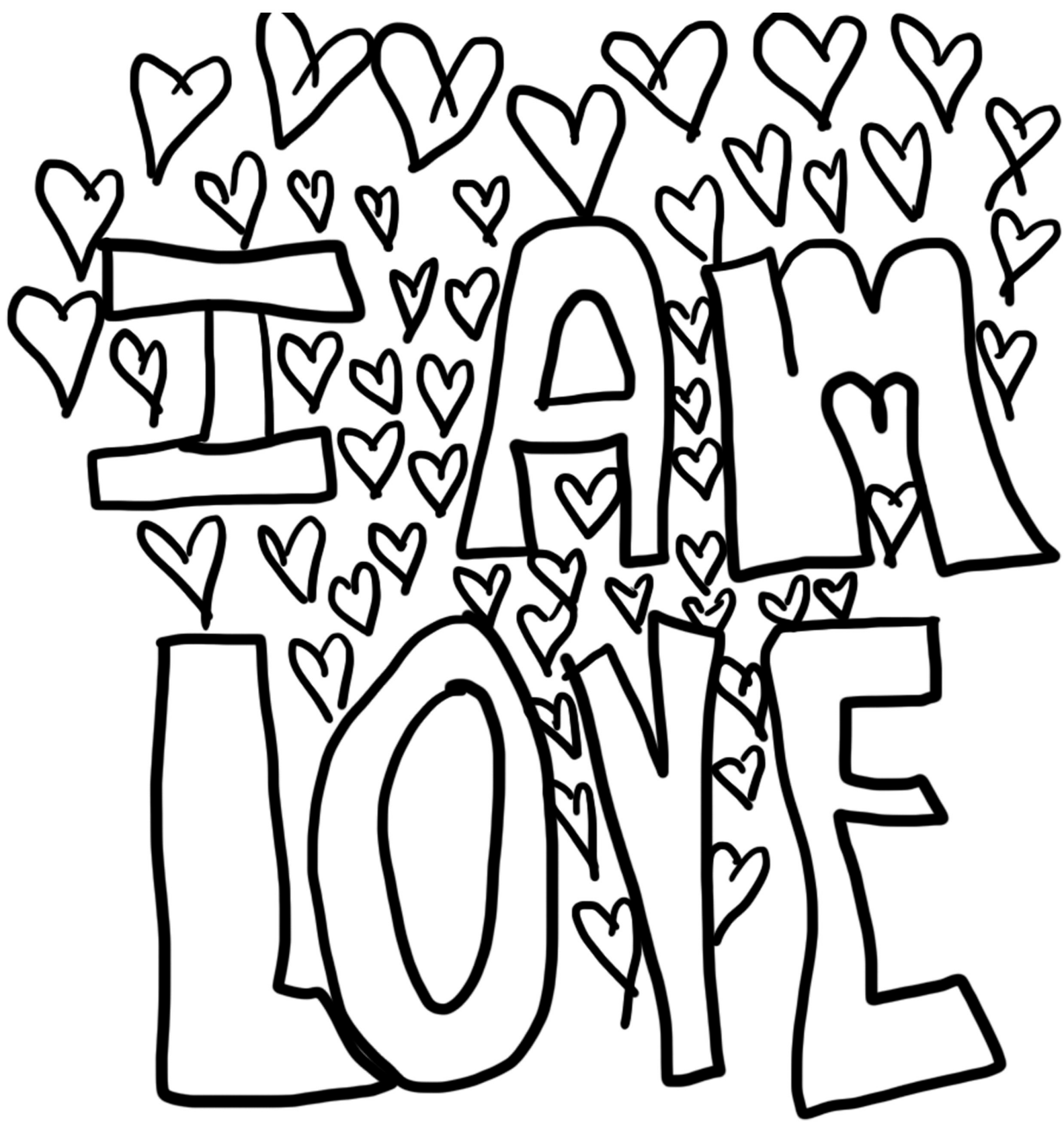
I am
Smart



A	B	C
1	2	3

I AM
CREATIVE

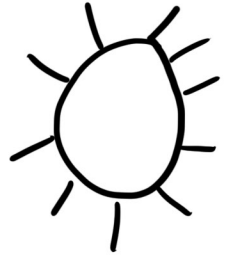






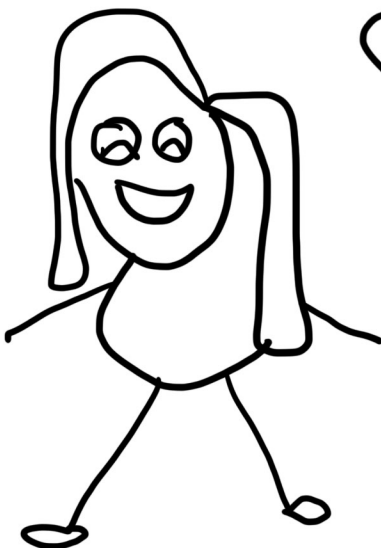
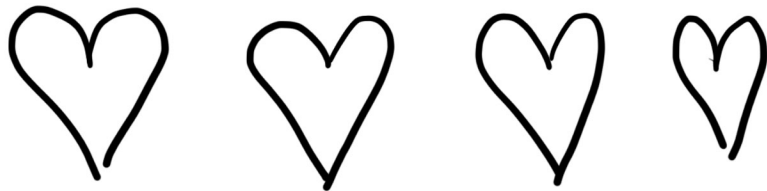


I AM
good
enough



L I
love

M y
self







I

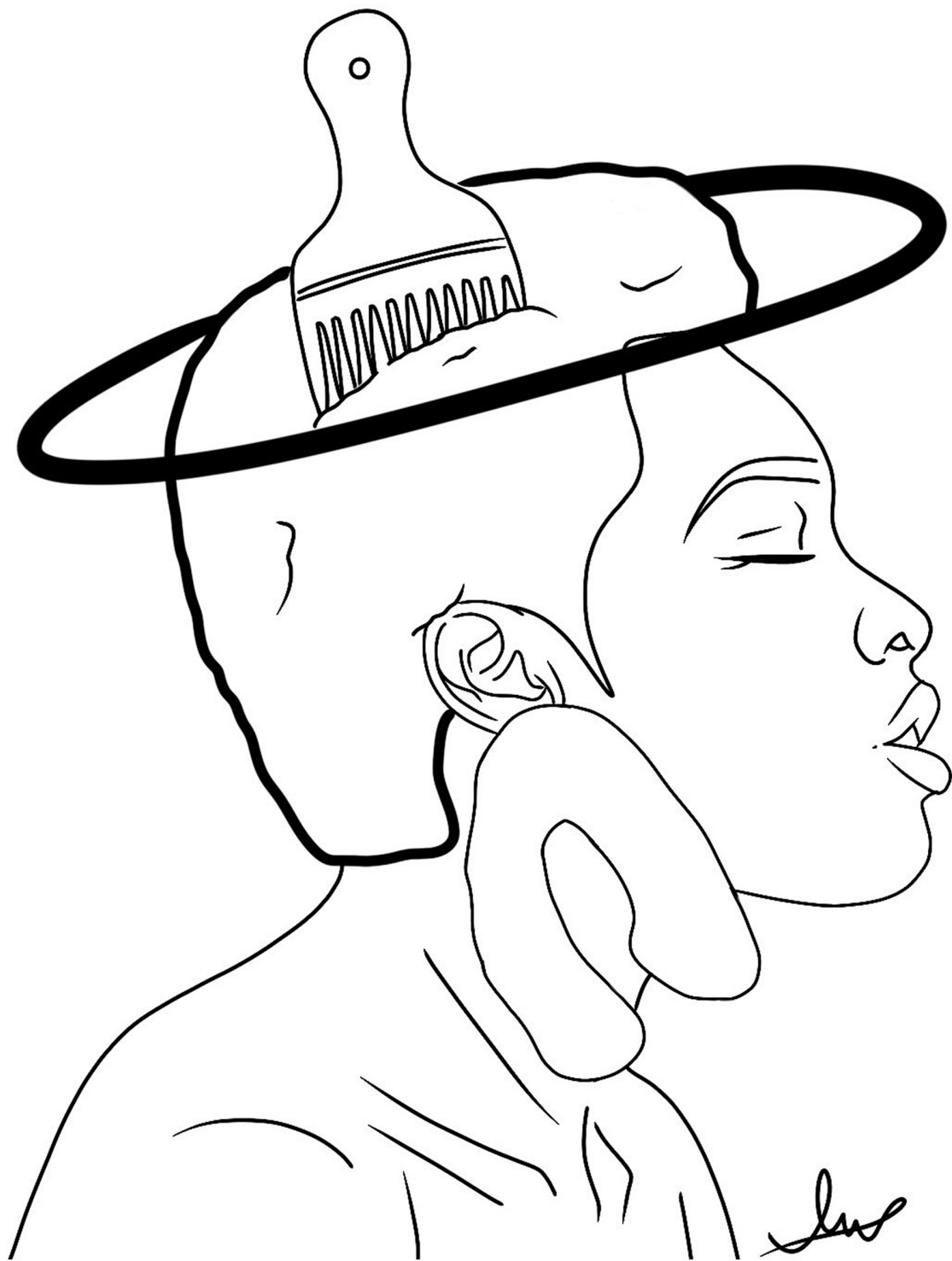
AM

BRANNE

BRANNE

WV

I



I am worthy.
I am worthy of joy and calm.
I am worthy of happiness in all
areas of my life.
I am worthy.



ALWAYS

RICK



TO BE CONFIDENT IN



YOUR

SELF

LIFT YOUR HEAD



UP



IMPACT
THE
WORLD

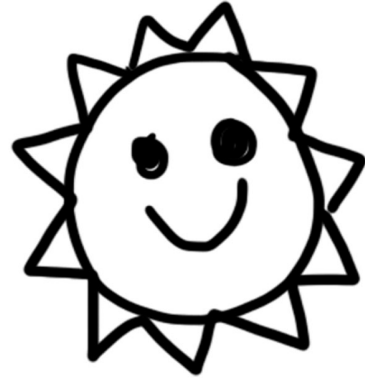
CHANGE
THE
WORLD



I A M

A M A Z I N G

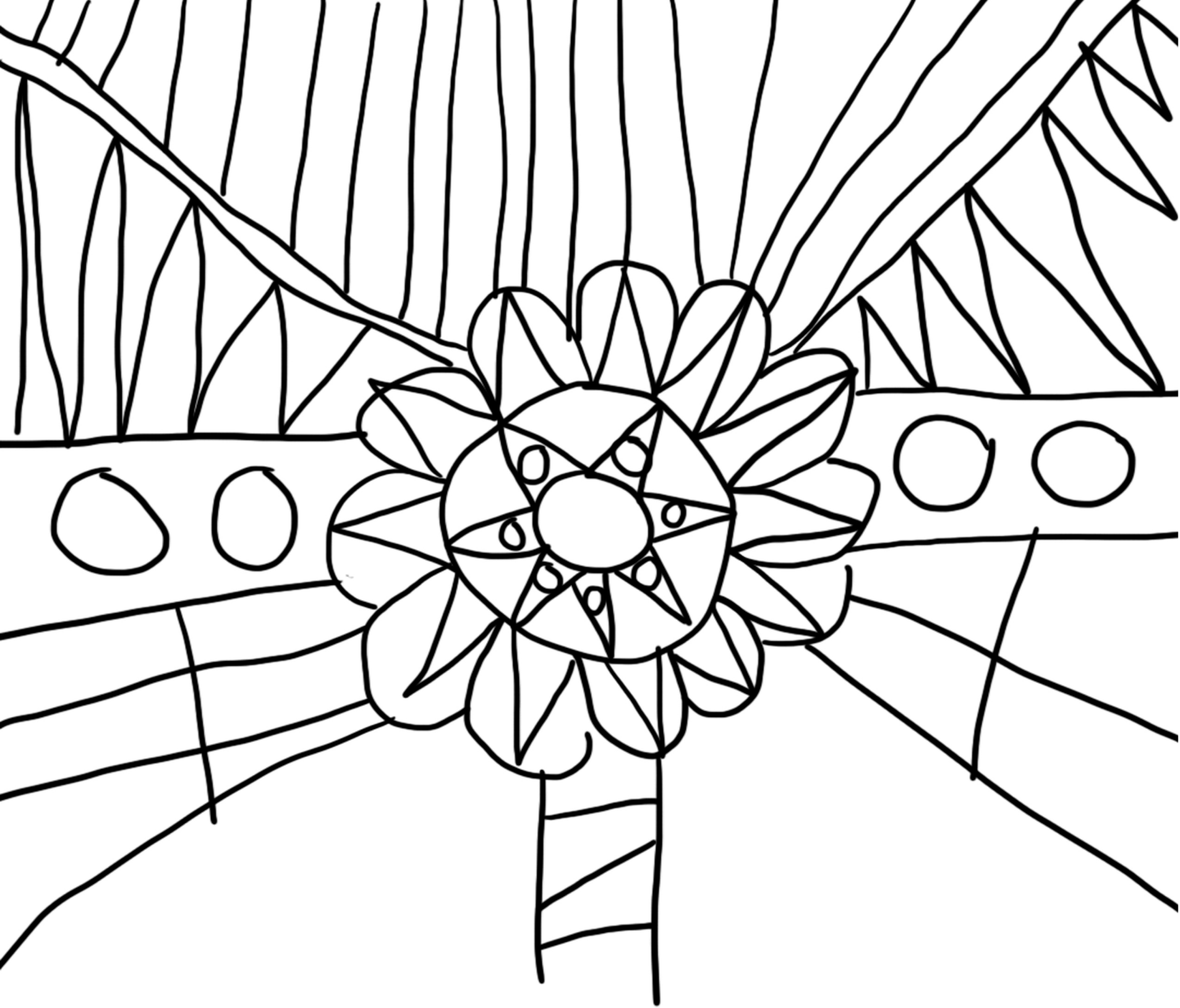
I A M



A M A Z I N G

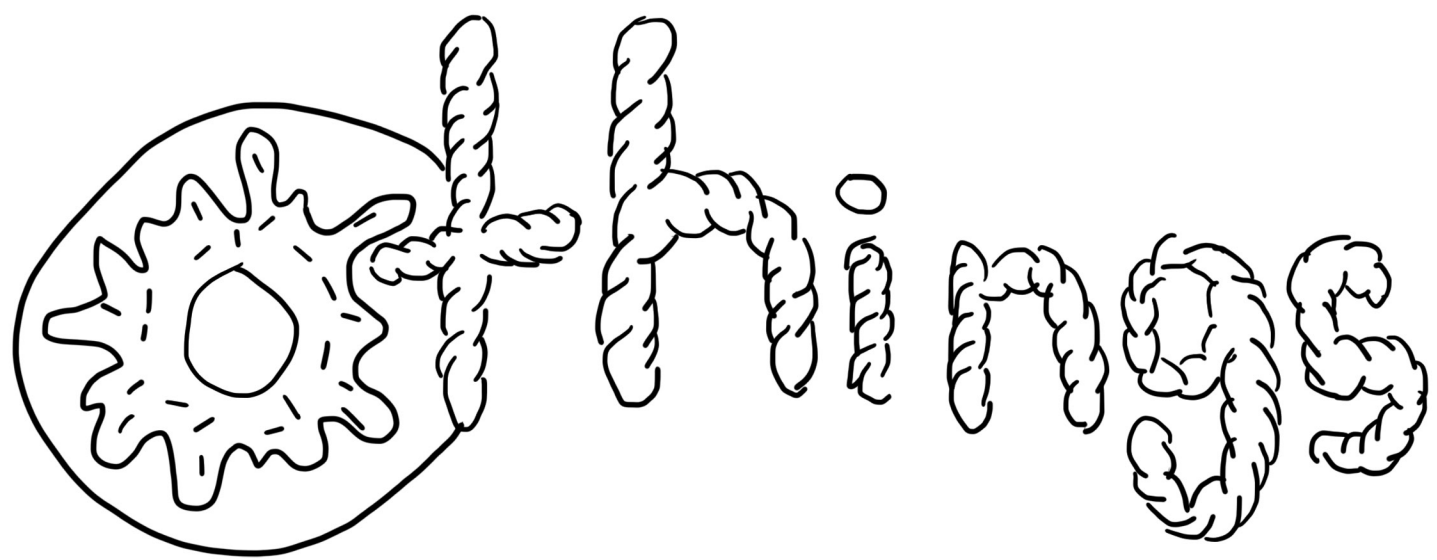
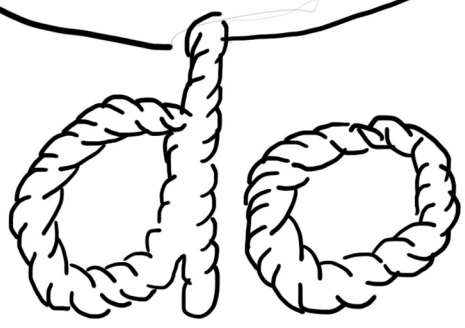
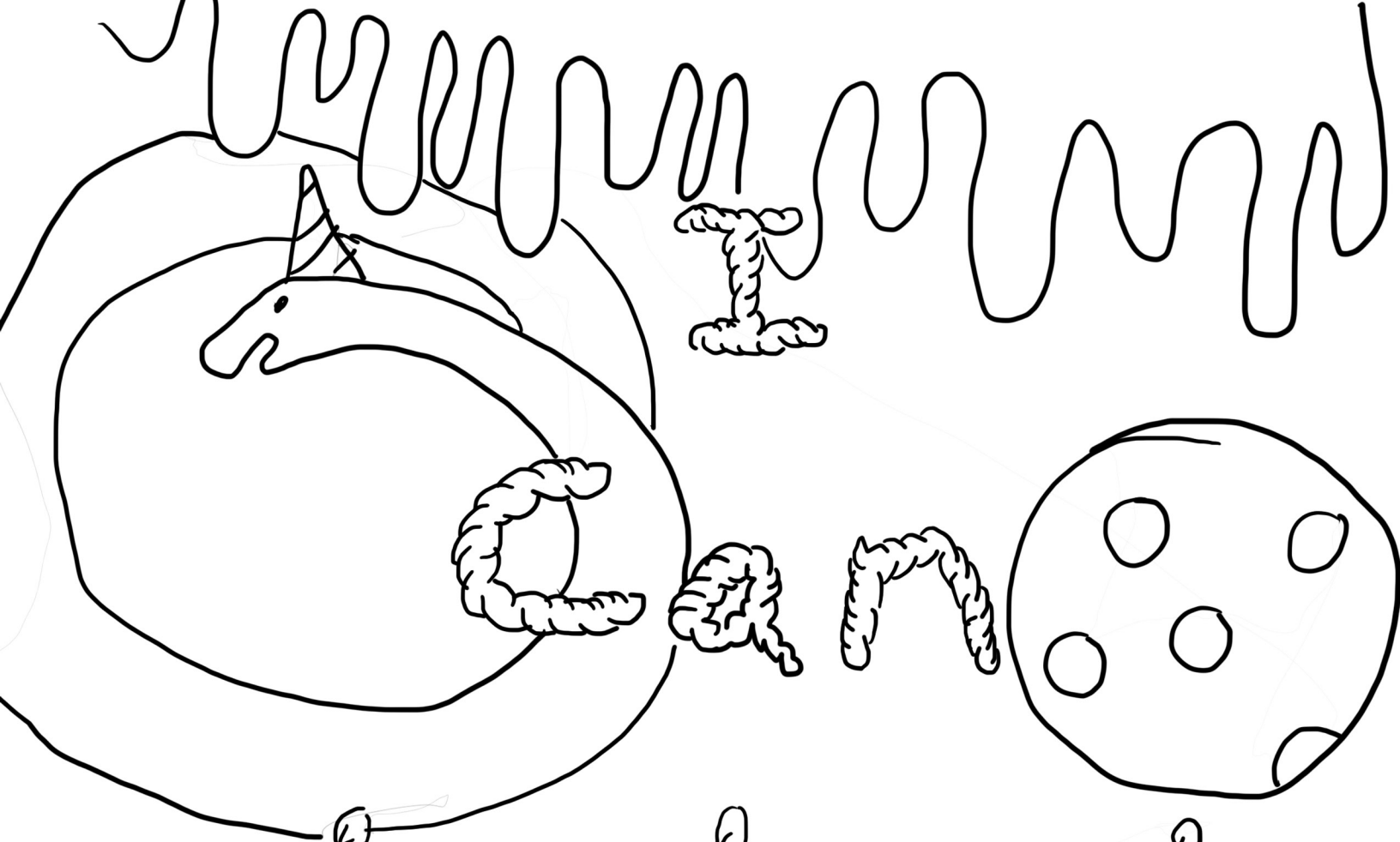
I A M

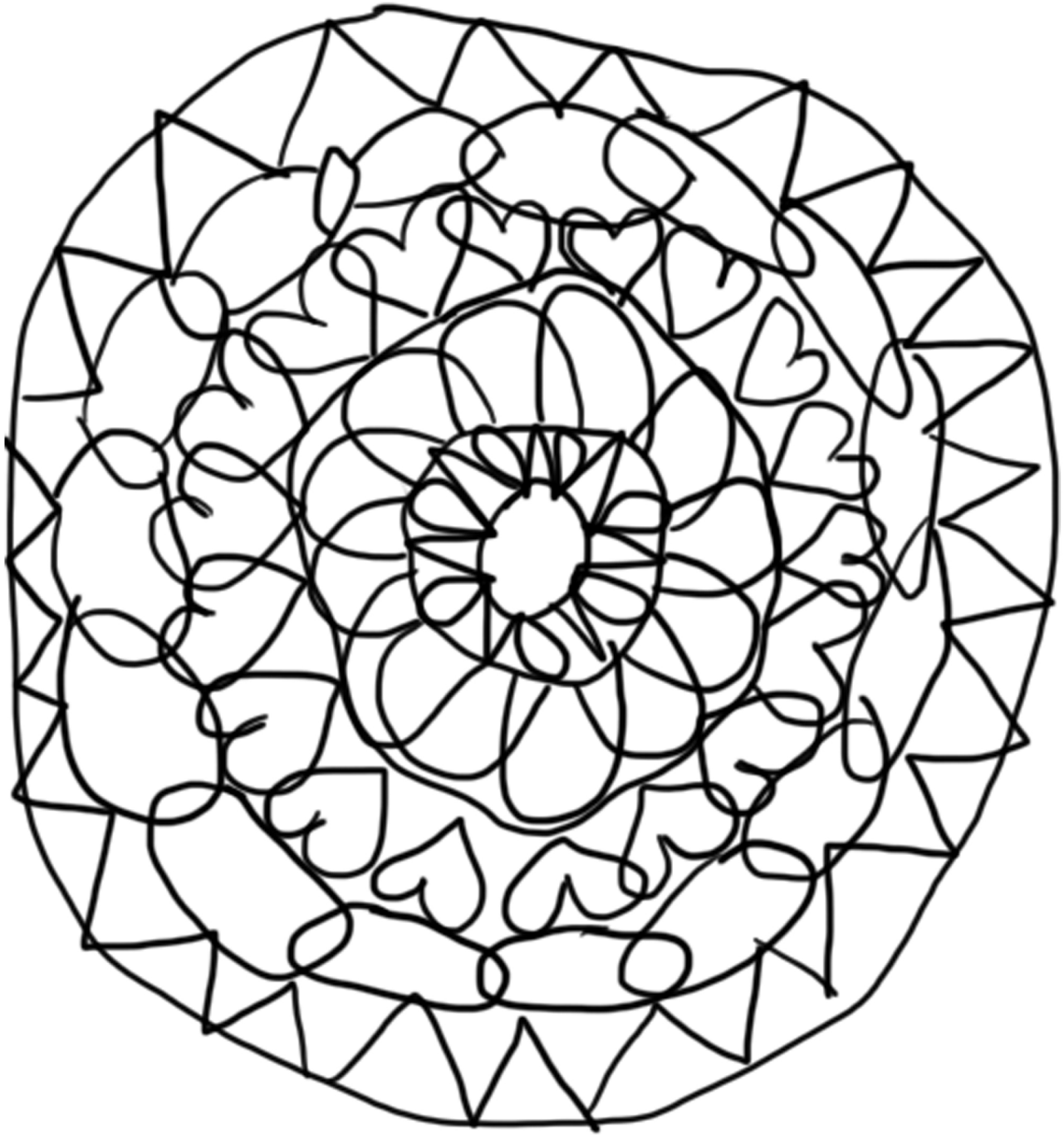
A M A Z I N G



Doy gracias por todo
lo que tengo

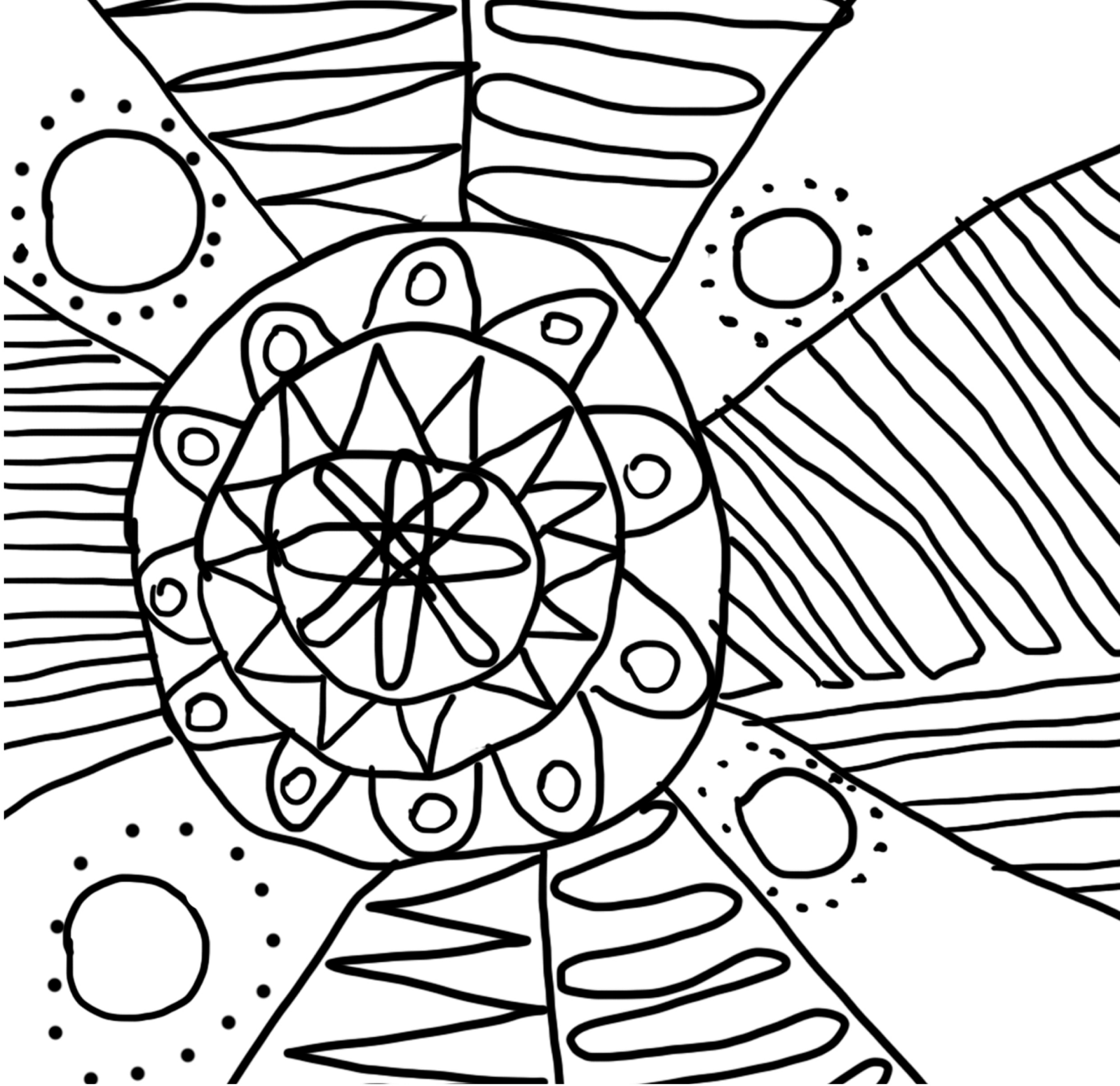
(I am grateful for everything
I have)





**I AM IMPORTANT AND
MY STORY DESERVES
TO BE TOLD**





My roots reach deep.
I'm connected to
the core of me.

