



## Proud to Be Me

# DIY Mirror Affirmation Frame Guide for Neurodivergent Kids



### What This Is

This is a creative activity you and your child can do *together* to help build self-worth, emotional regulation, and identity.

Instead of giving you a pre-made printable, we're giving you the steps to design your own **affirmation mirror frame** — a personalized border you tape around your child's mirror so every time they see their reflection, they also see who they *really* are.



### What You'll Need:

- A mirror your child uses (bedroom, bathroom, hallway, etc.)
- Cardstock, construction paper, or printable paper
- Scissors and tape
- Markers, crayons, stickers, glitter — whatever makes it *theirs*
- Optional: printable speech bubbles or shapes for writing affirmations (you can draw these or search online)

### ◆ Step-by-Step Instructions

#### 1. Create the Frame Pieces

Cut out strips of paper to go around the edges of your mirror. You can use four strips (top, bottom, left, right) or make it into a full rectangle that wraps around the entire mirror like a photo frame.

#### 2. Decorate With Affirmations

Let your child choose affirmations to write around the edges. Use our list below or help them come up with their own.

#### 3. Add Art & Texture

Decorate with colors, drawings, textures, or stickers that feel joyful and personal.

#### 4. Tape It to the Mirror

Place the decorated strips around the mirror to create a frame. Make sure your child can see both their reflection *and* their words.

## 5. Read It Daily

Make it a ritual. After brushing teeth or getting dressed, take 30 seconds to read the affirmations out loud together.

### Sample Affirmations

- “I am different, not broken.”
- “I am not too much.”
- “I am brave.”
- “I am safe to be myself.”
- “I learn in my own way.”
- “My voice matters.”
- “I am creative.”
- “I am strong.”
- “I am kind.”
- “I am worthy of love.”
- “I can do hard things.”
- “I bring something special to the world.”

### Create Your Own:

Let them pick words that *feel like them*. Or even ones they want to believe but don’t fully yet. This is about *planting seeds*.

### Tips for Parents, Teachers, or Support Workers

- Let your child lead the decoration process
- Use this activity after a therapy session, meltdown, or as part of bedtime wind-down
- Ask: “What do you want to remember about yourself tomorrow?”
- Revisit and update the frame as your child grows

## ✦ Final Thought

Your child sees their reflection every day. Let that reflection *talk back* with truth, pride, and power.

Because they're not too much. They're *too brilliant* to be boxed in.

And now, they'll see it — every time they look in the mirror.