



Love Yourself I Am...

Goal: In the morning take the time to say positive affirmations out loud or write them down, placing them on a mirror or wall. Practice this independently and with your children.

Tip: Try saying “I love you”, “I am strong”, “I am beautiful”, or “I am kind”. Practice this in as many languages as you can!

Cree affirmations and phrases (with syllabics):

- menosen akakesâpayuk: good morning
- menosen (pl. menosesewen) beautiful
- katawasisiw ᑭᑕᑦᑕᑦᑕᑦᑕᑦ s/he is beautiful
- sâkihêw ᓴᑦᑕᑦᑕᑦ s/he loves him/her
- nipahi-sâkihêw ᓂᑦᑕᑦᑕᑦ ᓴᑦᑕᑦᑕᑦ s/he loves someone a great deal
- sâkihakan ᓴᑦᑕᑦᑕᑦ one who is loved
- ki sa ke hi tin: I love you
- ekosi: thank you
- okisewatisiw ᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ a kind person
- okisewatis ᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ a kind person
- meyawatam ᑕᑦᑕᑦᑕᑦ s/he is happy
- menânetam: happy
- maskawitehew (pl. maskawitehewak) ᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ s/he has a strong heart
- maskawiteheniwew ᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ s/he makes people strong of heart
- sohkeyihtamowin ᓴᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦᑕᑦ a strong will or determination

Why is this important? More often than not we have thoughts before we have feelings. By practicing positive thoughts, it becomes easier to approach our day with a positive mindset.

References: Hill, Z., Spiegel, M., & Gennetian, L.A. (2020) Pride-based self-affirmations and parenting programs. *Frontiers in Psychology*, 23. <https://doi.org/10.3389/fpsyg.2020.00910>
Knowles, R. D. (1981). Positive self-talk. *Ajn, American Journal of Nursing*, 81(3), 535–535. <https://doi.org/10.1097/00000446-198103000-00014>

Caregiver Handbook: Cree Affirmations & Phrases, Cree Vocabulary