



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 ƛ̥C̥ʌɻ̥° s/he is beautiful
- sâkihêw ɬP̥"N̥° s/he loves him/her
- nipahi-sâkihêw σ<"Δ ɬP̥"N̥° s/he loves someone a great deal
- sâkihakan ɬP̥"Ḁ' one who is loved
- ki sa ke hi tin: I love you
- ekosi: thank you
- okisewatisiw ȐP̥ʌɻ̥·N̥° a kind person
- okisewatis ȐP̥ʌɻ̥·N̥° a kind person
- meyawatam Ȑl̥ʌɻ̥·C̥° s/he is happy
- menânetam: happy
- maskawitehew (pl. maskawitehewak) L̥"b̥Δ·U"N̥° s/he has a strong heart
- maskawiteheniwew L̥"b̥Δ·U"N̥"N̥σ"V̥° s/he makes people strong of heart
- sohkeyihtamowin Ȑ"q̥"C̥ɬΔ̥' 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