

TALKING HEARTS

Positive Self-Affirmations

Talking Hearts will help your children to develop healthy thinking patterns that will boost confidence, self-esteem and wellbeing.

"I am loved", I am smart, and I will never give up". As children develop, these types of words and feelings are fundamental, and should be instilled within their belief systems.

We have curated a healthy list of positive self-affirmations and stored them on this special version of our Talking Hearts.

Each time the heart is pressed one inspiring affirmation will play at random.

Each Heart contains 30 pre-recorded positive self-affirmations.

Use Talking Hearts every day to remind your children just how awesome they are!

Feelings & Emotions

Practical PSED Applications

- ✓ **Promote positive self-talk**
Develop healthy habits during development
- ✓ **Develop strong self-esteem**
Combat anxiety, stress and low confidence
- ✓ **Set daily repetitions of positivity**
Influence thoughts, emotions and feelings
- ✓ **Create and encourage new habits**
Promote a positive change of behaviour
- ✓ **Improve emotional intelligence**
Recognise, share and understand emotions
- ✓ **Develop a positive response to challenges**
Learn to manage feelings of fear and anxiety
- ✓ **Increase psychological wellbeing**
Improve motivation and performance
- ✓ **An inclusive learning resource**
Tactile and multi-sensory. Adapt to suit all levels of ability. 1-2-1 or in groups

A voice recordable version of our Talking Hearts is also available.

Record and playback your own speech music or sound effects using the 2 minutes of recording time.

Record your own affirmations, in any language, tailored to meet the needs of your child.

Tactile & multi-sensory