

TEACHERS NOTES

The 'Six kinds of best' affirmation

The 'Six kinds of best' affirmation is a series of actions which reinforces the six core values in a memorable and fun way. Reciting the affirmation engages visual, auditory and kinaesthetic learners.

I am one of a kind.

(Right index finger in the air in front of body.)



I am kind to myself.

(Clenched fist over heart.)



I am kind to others.

(From clenched fist over heart, swing right arm clockwise and point outwards.)



And I am kind to the environment.

(Touch left index finger with right index finger—Auslan sign language for 'E'.)



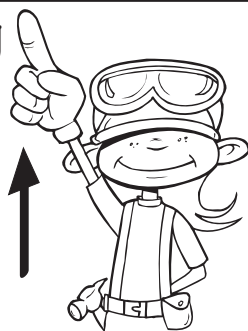
I am the learning kind.

(Have left hand flat, palm upwards, waist height—like a book. Take right hand and sweep the left hand with the back of your hand and swing your hand up to touch the top of your head—putting the information from the book into your head.)



I am the achieving kind.

(Point upwards—aim for the stars.)



And I am the community kind.

(Form an 'A' shape in front of your body with your fingers—like a house.)



And I

(Point to yourself and touch your chest.)



Love

(Hug yourself.)



Life!

(Hands and arms outstretched above your head.)

