

AFL SCHOOLS AFFIRMATION CARDS

AFL PLAY Schools



WHAT ARE AFFIRMATION CARDS?

AFL-themed affirmation cards for school students boost confidence, motivation, and resilience by combining footy with positive self-talk.

Each card supports learning in Health & Physical Education from the Mental Health and Wellbeing focus area that fits both the sport and the classroom.

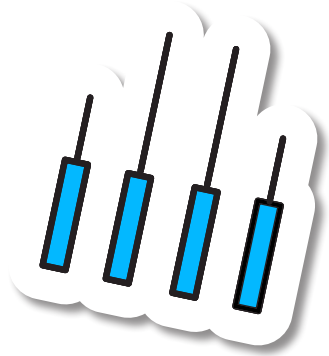
HOW TO USE THESE:

- Teachers can say or get a student to read out during roll call, PE lessons, during reflection time and health & wellbeing lessons.
- Teachers can hand out as rewards or recognition during the AFL GOALS program.
- For increased student voice, have students create their own cards.

AFL PLAY Schools

Confidence & Self-Belief

I BACK MYSELF LIKE I'M LINING UP FOR A GOAL.



AFL PLAY Schools

Confidence & Self-Belief

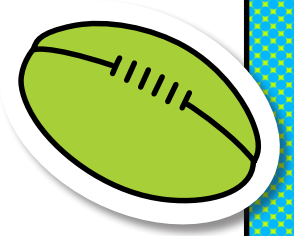
I'M STRONG, FOCUSED, AND READY - JUST LIKE MY FAVOURITE AFL/AFLW PLAYER.



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Confidence & Self-Belief

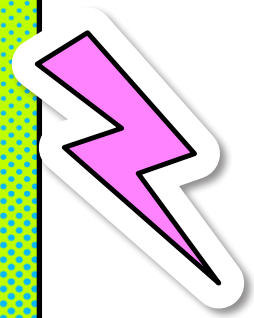
I AM BRAVE ENOUGH TO TRY, EVEN IF I'M UNSURE.



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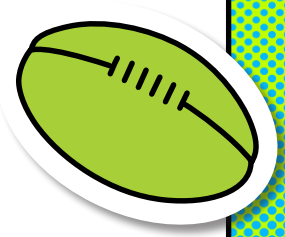
Confidence & Self-Belief

I CAN TAKE A MARK, ON THE FIELD AND IN LIFE!



AFL PLAY Schools

Teamwork & Respect



I PASS THE BALL AND LIFT MY TEAM, WE WIN TOGETHER!

AFL PLAY Schools

Teamwork & Respect



I LISTEN, I SHARE, I PLAY FAIR!

AFL PLAY Schools

Teamwork & Respect

I CELEBRATE EVERYONE'S EFFORT, NOT JUST THE SCOREBOARD.



AFL PLAY Schools

Teamwork & Respect



I CHEER FOR OTHERS AND CELEBRATE EVERY EFFORT.

AFL PLAY Schools

Teamwork & Respect

I PLAY FAIR, TRY HARD, AND RESPECT THE RULES.



AFL PLAY Schools

Teamwork & Respect

WE WIN AS A TEAM, WE LEARN AS A TEAM.



AFL PLAY Schools

Resilience & Growth

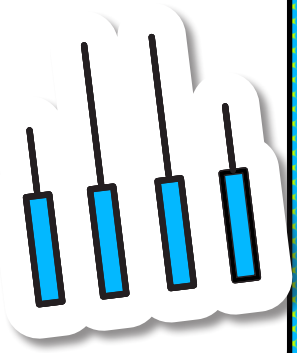
EVERY MISSED KICK HELPS ME IMPROVE.



AFL PLAY Schools

Resilience & Growth

IF I MAKE A MISTAKE, I HAVE ANOTHER GO & TRY AGAIN.



AFL PLAY Schools

Resilience & Growth



EVERY MISTAKE IS A CHANCE TO LEARN.

AFL PLAY Schools

Resilience & Growth



WHEN I FALL, I GET BACK UP LIKE A CHAMPION!

AFL PLAY Schools

Resilience & Growth

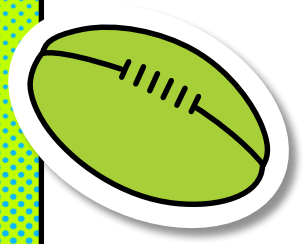
I LEARN FROM MY LOSSES AND GROW STRONGER!



AFL PLAY Schools

Focus & Motivation

EYES ON THE BALL, HEART IN THE GAME!



AFL PLAY Schools

Focus & Motivation

EVERY TRAINING SESSION BUILDS MY SKILLS.

AFL PLAY Schools

Focus & Motivation

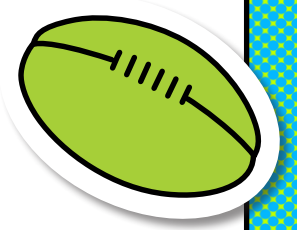


I SET GOALS AND GIVE IT MY BEST SHOT!

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Focus & Motivation

EVERY LITTLE EFFORT COUNTS TOWARDS SOMETHING BIG.



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Focus & Motivation

I BRING MY BEST TO EVERY TRAINING, FOOTY AND LIFE!

AFL PLAY Schools

Focus & Motivation

I STAY CALM AND KICK WITH COURAGE.



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Identity & Pride

I WEAR MY COLOURS WITH PRIDE AND PLAY WITH HEART!

AFL PLAY Schools

Identity & Pride

I AM PROUD OF WHO I AM, ON AND OFF THE FIELD!

AFL PLAY Schools

Identity & Pride



I'M A FUTURE FOOTY STAR IN MY OWN WAY!

AFL PLAY Schools

SCAN FOR RESOURCES

AFL PLAY Schools

PLAY.AFL/SCHOOLS