Ms. Sorrese Lefkow Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Affirmation Station**

**Affirmation** [af-er-**mey**-sh*uh* n]

noun

1. the act or an instance of [affirming](http://dictionary.reference.com/browse/affirm); state of being [affirmed](http://dictionary.reference.com/browse/affirm).

2. the assertion that something exists or is true.

3. something that is [affirmed](http://dictionary.reference.com/browse/affirm); a statement or proposition that is declared to be true.

4. confirmation or ratification of the truth or validity of a prior judgment, decision, etc.

**In our classroom, I define an *affirmation* as a written encouragement or offer of emotional support and/or praise.**

An affirmation is NOT a regulated way to pass notes (i.e. ask for a date, share contact information, make plans for the weekend, etc.)

**Rules:**

1. Each student will receive an address that contains the period name and an individual number (for example: Gryffindor 17). Addresses will be posted at the Affirmation Stations for your convenience.
2. All affirmations must be submitted to me first. **No student may deliver an affirmation directly to another student.**
3. All affirmations must be signed and dated. An unsigned affirmation will not be delivered.
4. All affirmations that have been approved by me will have my signature. Please notify me at once if you receive an affirmation that does not bear my signature, as it has not been approved.
5. Some affirmations will be assignments. You are free to submit affirmations at other times by using the classroom mailbox. (Be sure to include the address, sign and date it.)
6. Anyone caught sending an unauthorized affirmation will face consequences for insubordination.

I want our classroom to be a place where each of you feels supported and valued. We will be doing a great deal of personal writing and sharing in class this year, which requires a bit of risk-taking in some circumstances. The Affirmation Station is a way to both show support for your fellow classmates and feel supported in return. Happy Affirmation Writing!

**Some real examples of affirmations:**

“This was a very nice piece of writing.”

“Good job on your presentation. I know it was hard for you, but you did a great job.”

“Thanks for helping me out on the chapters and summarizing them up for me.”

“I really love how you aspire to go outside your comfort zone and achieve your goals.”

“Your writing is so good, I was really interested in listening to it. The imagery and everything was amazing.”

-adapted from: https://sites.google.com/site/mrsmalmquist/classrooms/affirmation-station