



# Balloon Vendor

## Supplies:

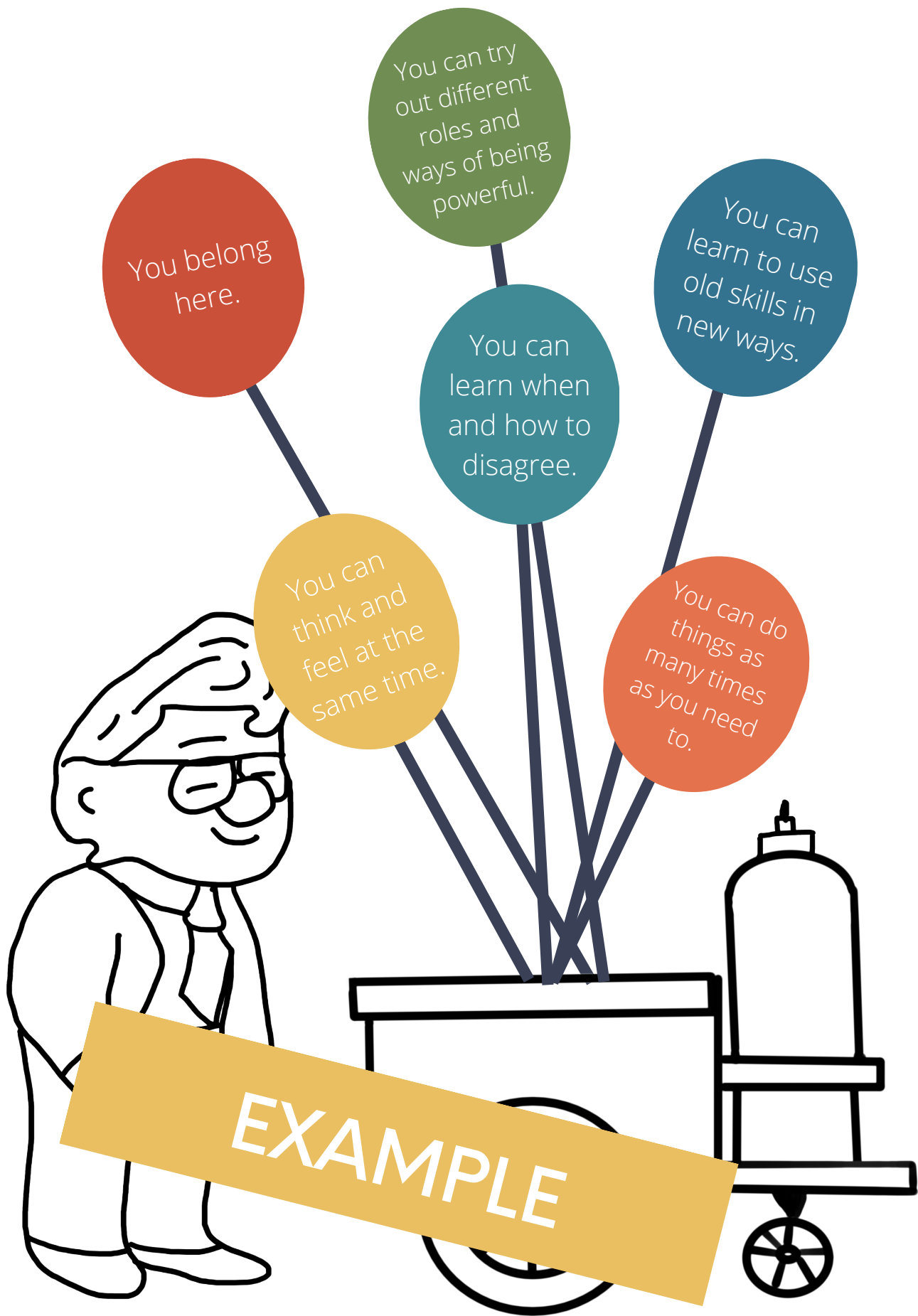
- One set of affirmations per person
- Balloon vendor worksheet (attached)
- Coloring supplies
- Glue or tape

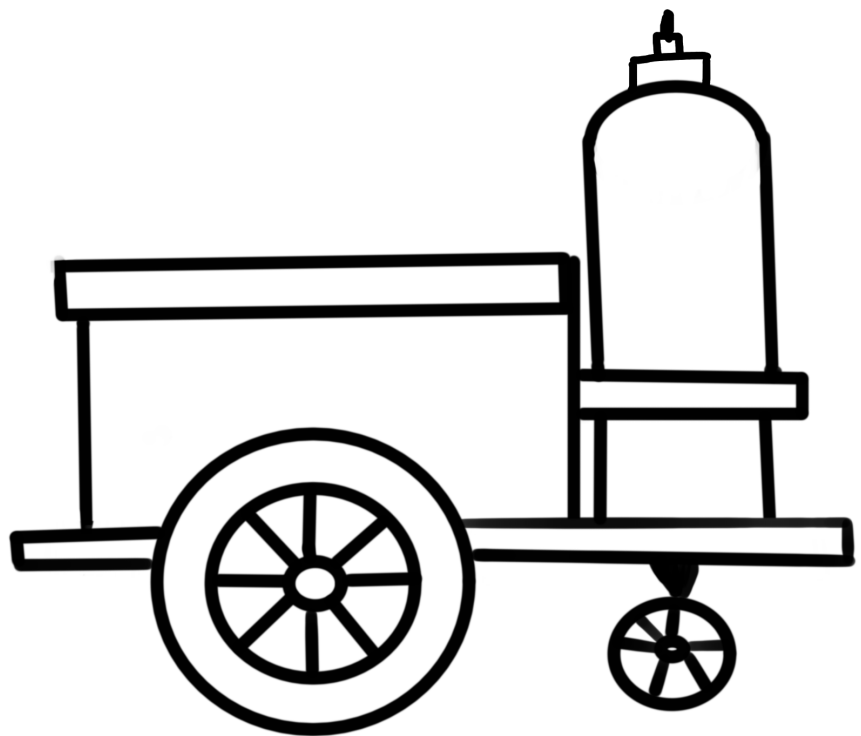
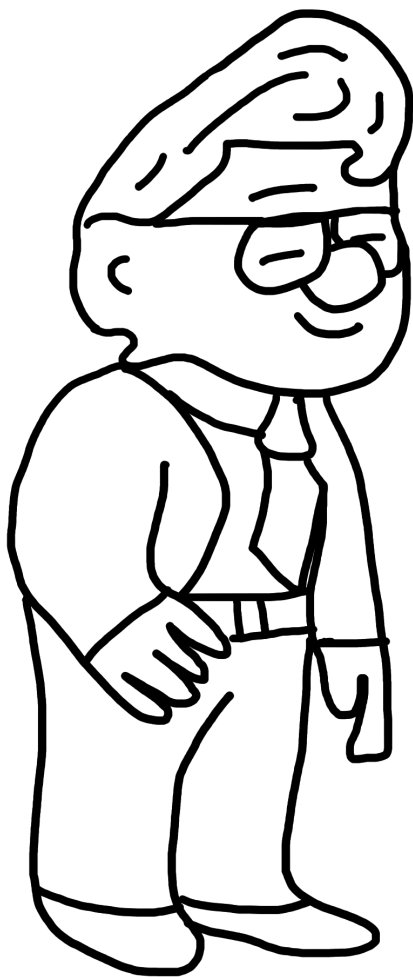
## Instructions

1. Color in your balloon vendor picture.
2. Select five or six affirmation ovals and stick them to your page as balloons.
3. Draw strings going from each affirmation oval to the balloon cart.
4. Put your picture somewhere you will see it and read the affirmations daily.



**Parent Coach**  
Connection





# PEACH (Prenatal) Becoming

I celebrate  
that you  
are alive.

Your needs  
are  
important  
to me.

We are  
connected  
and you are  
whole.

You can make  
healthy  
decisions  
about your  
experiences.

You can be  
born when  
you're  
ready.

Your life is  
your own.

I love you  
just as you  
are.

Print on white paper and color in  
each oval **or** print on **peach**  
construction paper then cut out and  
glue to your balloon vendor page.

# RED (0-6mo)

## Being

I'm glad  
you're  
alive.

You belong  
here.

What you  
need is  
important  
to me.

I'm glad  
you are  
you.

You can  
grow at  
your own  
pace.

You can  
feel all  
your  
feelings.

I love you  
and I care  
for you  
willingly.

Print on white paper and color in  
each oval **or** print on **red**  
construction paper then cut out and  
glue to your balloon vendor page.

# ORANGE (6mo-18mo)

## Doing

You can  
explore and  
experiment  
and I will  
support and  
protect you.

You can use  
all of your  
senses when  
you explore.

You can do  
things as  
many times  
as you need  
to.

You can  
know what  
you know.

You can be  
interested in  
everything.

I like to  
watch you  
initiate and  
grow and  
learn.

I love you  
when you are  
active and  
when you are  
quiet.

Print on white paper and color in  
each oval **or** print on **orange**  
construction paper then cut out and  
glue to your balloon vendor page.

# YELLOW (18mo-3yrs)

## THINKING

I'm glad  
you're  
starting to  
think for  
yourself.

It's ok for you  
to be angry  
and I won't let  
you hurt  
yourself or  
others.

You can say  
no and push  
and test limits  
as much as  
you need to.

You can learn  
to think for  
yourself and I  
will think for  
myself.

You can  
think and  
feel at the  
same time.

You can  
know what  
you need  
and ask for  
help.

You can  
become  
separate from  
me and I will  
continue to  
love you.

Print on white paper and color in  
each oval **or** print on **yellow**  
construction paper then cut out and  
glue to your balloon vendor page.

# GREEN (3-6yrs)

## Identity & Power

You can explore who you are and find out who other people are.

You can be powerful and ask for help at the same time.

You can try out different roles and ways of being powerful.

You can find out the results of your own behavior.

All of your feelings are okay with me.

You can learn what is pretend and what is real.

I love who you are.

Print on white paper and color in each oval **or** print on **green** construction paper then cut out and glue to your balloon vendor page.



# Light Blue (6-12yrs)

## Structure

You can think  
before you say  
yes or no and  
learn from your  
mistakes.

You can  
trust your  
intuition to  
tell you what  
to do.

You can find  
a way of  
doing things  
that works  
for you.

You can  
learn the  
rules that  
help you live  
with others.

You can  
learn when  
and how to  
disagree.

You can think  
for yourself  
and get help  
instead of  
staying in  
distress.

I love you  
even when  
we differ; I  
love growing  
with you.

Print on white paper and color in  
each oval **or** print on *light blue*  
construction paper then cut out and  
glue to your balloon vendor page.

# Dark Blue (Adolescence)

## Identity, Sexuality, & Separation

You can know who you are and learn and practice skills for independence.

You can learn the difference between sex and nurturing and be responsible for your own behavior.

You can develop your own interests, relationships, and causes.

You can learn to use old skills in new ways.

You can grow and still be dependent at times.

I look forward to knowing you as an adult.

My love is always with you. I trust you to ask for my support.

Print on white paper and color in each oval **or** print on **blue** construction paper then cut out and glue to your balloon vendor page.

# Purple (Adulthood)

## Interdependence

Your needs  
are  
important.

You can be  
uniquely  
yourself and  
honor the  
uniqueness of  
others.

You can be  
independent  
and inter-  
dependent.

Through the years  
you can expand  
your commitments  
to your growth,  
family, friends,  
community, and all  
humankind.

You can build  
and examine  
your  
commitments to  
your values,  
causes, roles,  
and tasks.

You can be  
responsible for  
your  
contributions  
to each of your  
commitments.

You can be  
creative,  
competent,  
productive,  
and joyful.

Print on white paper and color in  
each oval **or** print on **purple**  
construction paper then cut out and  
glue to your balloon vendor page.

# Purple (Adulthood)

## Interdependence

You can  
trust your  
inner  
wisdom.

You can say  
your hellos and  
goodbyes to  
people, roles,  
dreams, and  
decisions.

You can finish  
each part of  
your journey  
and look  
forward to the  
next.

Your love  
matures  
and  
expands.

You are  
lovable at  
every age.

Print on white paper and color in  
each oval **or** print on **purple**  
construction paper then cut out and  
glue to your balloon vendor page.

# White (Integration)

## Preparation For Death

You can  
grow your  
whole life  
through.

You can look  
upon the  
process of  
dying as a  
natural  
transition.

You can make  
preparations  
for leaving  
and die when  
you are ready.

You can  
celebrate the  
gifts you have  
received and  
the gifts you  
have given.

You deserve  
the support  
that you  
need.

You can  
share your  
wisdom in  
your own  
way.

You are  
lovable just  
the way you  
are.

Print on white paper and color in  
each oval **or** print on **grey or white**  
construction paper then cut out and  
glue to your balloon vendor page.