



"SAFE HANDS, SACRED SPACE" COLLECTIBLE AFFIRMATION CARDS



Cut along dashed lines * Keep in your backpack, mirror, calming corner, or bedtime space!



MY SACRED TEMPLE



* Victoria Cortez

My body is my sacred space,
A peaceful, strong, and loving place.



BODILY AUTONOMY



THE INVISIBLE SHIELD



* Victoria Cortez

When I know who I am,
mean words bounce off like rubber balls!



EMOTIONAL SHIELD



SAFE HANDS & KIND FEET



* Victoria Cortez

Safe hands, gentle hearts,
we share our joy and do our part!



SAFE BOUNDARIES



THE 3-BEAT HEART TAP



* Victoria Cortez

1 - 2 - 3 over my heart,
breathe in the light, let worries part.



SOMATIC CALMING



MY 'NO' HAS POWER



* Victoria Cortez

Setting a boundary isn't being mean,
it's keeping peace and joy serene.



INNER COURAGE



HONOR SYSTEM KINDNESS



* Victoria Cortez

Take a treasure, leave a treasure,
leaving joy for friends forever.



GENEROSITY



UNTOUCHABLE MELODY



* Victoria Cortez

You cannot bother someone
whose heart is full of song and sun!



UNSTOPPABLE JOY



THE MUSIC NEVER STOPS



* Victoria Cortez

Autumn Rain Drive plays on!
Keep kindness loud and music strong.



MUSIC NEVER STOPS