

Kind Thoughts Board

Directions:

1. Have a parent or caring adult write the following title at the top of your poster: Kind Thoughts Board.
2. Choose positive statements for your Kind Thoughts Board (use the samples provided or write your own).
3. Glue these statements onto your board.
4. Have a parent or caring adult help you read your statements out loud (slowly).
5. Notice how you feel as you read them.
6. Choose positive words, pictures from magazines, or create your own drawings or art to place on your board.
7. Glue these images on your board.
8. When you have finished, take time to look closely at your creation.
9. Read the kind thoughts on your board, review the images, and notice how you feel as you look at these positive images.

Place your board up somewhere you will see it every day as a reminder of how positive thoughts can create positive acts and a positive life!

Use the format below as an example to help guide and inspire you.
Or feel free to create your board in any way that inspires and uplifts you!

Kind Thoughts Board



I am beautiful inside and out.

I am caring.

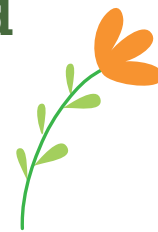
I have a loving family.

I am a great friend.

I am loved.

I am kind.

I am talented.



I am good at _____.

I am good at _____.

I am good at _____.

I am good at _____.

Name _____

Date _____

Kind Thoughts Board



Positive Affirmation Cut-Outs



I am smart .	I am a good friend .
I am a great listener .	I am loved .
I am unique .	I am compassionate .
I show empathy to others.	I like myself the way I am.
I have a strong body.	I am brave
I am creative .	I am resilient .
I care for others.	There is no one quite like me!
I am helpful .	I am funny .
I have a positive attitude .	I try my hardest.
I love my life!	I am beautiful inside and out.