





Loving Kindness Notes

Remembering your uniqueness, gifts, and positive traits can be powerful!

Directions:

- * Write loving kindness notes to place around your home. These will serve as a reminder for yourself and others to see the positive traits and goodness within!
- * After writing your positive notes, color and design each one with happy and colorful pictures.
- * Cut out your notes and paste them around your house in places where you and others may find them unexpectedly (such as in a kitchen cabinet or on a bathroom mirror).
- * When you read each one, take a few moments to repeat them in your mind and to feel what it is like to think positive thoughts of yourself.
- * Teach others in your home how to read these loving phrases as a reminder to see the goodness within themselves, too!

Examples of Loving Kindness notes:

 <p>I am loved.</p>	 <p>I am beautiful.</p>
	

Name _____

Date _____

Loving Kindness Notes



A pink rounded rectangular box with a blue flower illustration in the top-left corner.

An orange rounded rectangular box with a purple butterfly illustration in the bottom-right corner.

A light blue rounded rectangular box with a green caterpillar illustration in the bottom-right corner.

A light green rounded rectangular box with a pink bird illustration in the top-left corner.

A pink rounded rectangular box with a blue flower illustration in the top-left corner.

An orange rounded rectangular box with a purple butterfly illustration in the bottom-right corner.

A light blue rounded rectangular box with a green caterpillar illustration in the bottom-right corner.

A light green rounded rectangular box with a pink bird illustration in the top-left corner.