

Name _____

Date _____

Loving Kindness Posters

Directions:

- ★ Draw a picture of yourself in the middle of the poster during a time when you were your best self.
- ★ Write the title: “Me At My Best” at the top of your poster.
- ★ Use magazines and cut out pictures of things that remind you of what it feels like to be your best.
- ★ Paste these images around your center picture.
- ★ Color and draw around your images.
- ★ Hang your poster up to remind you of what it is like to be your “best self”!



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