



Kindness Cards

Using index cards, create 5-10 positive self talk cards to use everyday. You may choose to include **pictures, quotes, or personal statements**. **Each picture, quote, or personal statement you include must inspire and empower you.** We have all been told to be kind to others, but what about ourselves?

Kindness starts with **YOU**. It's hard to be kind and spread joy when we don't feel it ourselves. We all have things we are going through that cause us to feel down in the dumps. These kindness cards are designed to boost your mood and help you look on the bright side of life!

Please **create at least 5 kindness cards** that fit who you are personally. Have fun and remember.. Your emotions matter. Listen to them, face them, and learn from them.