Kindful notes for lunchboxes

A family activity

www.blossomingkindness.com

KINDFUL NOTES FOR LUNCHBOXES

This is a simple gesture that can have a huge **impact on your child's emotional** and **mental wellbeing** during the whole school day.
The kindful notes' content can be an **inspiring kind quote** or a **compliment for a skill** that they have acquired lately.

It can also be a note of **encouragement** about a situation that bothered the child and your note will help them process it. You can make it **personal or generic,** either way, it will surely brighten your child's day.

According to the **Mental Health America Foundation,** acts of kindness – psychologically - **make us feel grateful, empathetic, and compassionate.** These are positive feelings that give us a sense of **belonging and community.** Biologically, kindness releases chemicals like the "love hormone," oxytocin, which **helps us form social bonds based on trust.**

Therefore, we are happy to **provide families with some initial kindful notes** that you can include in your children's lunchboxes. You can also inspire the children to use these notes for other family members and classmates.

A REMINDER ABOUT KINDNESS

The science behind kindness is fascinating.
Once kindness has been performed, received or witnessed,
it creates a highly positive impact on both the mind and body.

BOOST IMMUNE SYSTEM

ANTI-AGING

RELAXES NERVOUS SYSTEM/ ANTI STRESS

ENHANCES PHYSICAL & MENTAL HEALTH

REDUCES BLOOD PRESSURE

PROTECTS CARDIVAS-CULAR SYSTEM

MAKES PEOPLE HAPPY/ ANTIDOTE TO DEPRESSION

" This is why kindness affects our health in so many ways - it impacts the heart, the immune system, mind and emotions, brain, chemistry and structure, skin, muscles, and the nervous system even the gut - and why a lack of kindness and connection trends to have a negative health consequences."

Dr. David Hamilton

INTRODUCTION TO GUARDIANS PARENTS AND TEACHERS:

The following are kindful notes that we suggest that you use.
You can stick it on their lunchboxes, inside their closets or you can get creative with hiding them.

WHAT YOU NEED:

- Printer.
- A4 paper.
- Scissors.
- Double sided tape if desired.
- If you don't have any of the above, please feel free to copy the quote on a post-it sticky note.

N.B. For environmental reasons, we highly suggest that you print the whole page and start cutting your desired kindful note every day.

KINDFUL NOTES

I admire you.

I love you.

I can't wait to see you later today.

You are beautiful inside out.

I love seeing the world your way.

You have the kindest heart.

I appreciate you.

We all make mistakes, be kind to yourself.

You are unique in every way.

I trust you and I love you.

You make my heart full.

Don't be afraid to say how you feel.

KINDFUL NOTES

You make the world a brighter place.

You are wonderful.

You are my sunshine.

Keep going, you are doing amazing.

You are loved.

You bring joy to all those around you.

I am grateful to you today and every day.

You are super kind.

You are enough.

Its people like you who make the world a better place.

Just want to let you know I appreciate you.

I believe in YOU.

KINDFUL NOTES

I love you the way you are.

You are making a difference.

You are doing a great job.

Our family wouldn't be the same without you.

You don't have to be perfect to be great.

I love your creativity.

You inspire me to be a better person.

I love how brave you are.

You are blossoming with kindness.

You make us all so proud.

You are worthy.

Expressing your emotions is not weakness, its so brave.

QUOTES:

"One sees clearly only with the heart.
Anything essential is invisible to the eyes."
—*Antoine De Saint-Exupéry from* ***The Little Prince***

"Shall we make a new rule of life from tonight:
always try to be a little kinder than is necessary?"
—*J.M. Barrie from* ***The Little White Bird***

"When someone is crying, of course,
the noble thing to do is to comfort them.
But if someone is trying to hide their tears,
it may also be noble to pretend you do not notice them."
—*Lemony Snicket from* ***A Series of Unfortunate Events***

"A person who has good thoughts cannot ever be ugly.
You can have a wonky nose and a crooked mouth
and a double chin and stick-out teeth,
but if you have good thoughts they will shine out of your face
like sunbeams and you will always look lovely."
—*Roald Dahl from* ***The Twits***

"Why did you do all this for me?' he asked. 'I don't deserve it.
I've never done anything for you.'
'You have been my friend,' replied Charlotte.
'That in itself is a tremendous thing.'"
—*E.B. White from* ***Charlotte's Web***

QUOTES:

"I know you'll be kind...and clever...and bold.
And the bigger your heart, the more it will hold.
When nights are black and when days are gray—you'll be brave
and be bright so no shadows can stay."
—*Emily Winfield Martin from* ***The Wonderful Things You Will Be***

"Never believe that a few caring people can't change the world.
For, indeed, that's all who ever have."
—*Margaret Mead*

"What this world needs is a new kind of army—the army
of the kind." —*Cleveland Amory*

"Do your little bit of good where you are; it's those
little bits of good put together that overwhelm the world."
—*Desmond Tutu*

"Too often we underestimate the power of a touch, a smile, a kind
word, a listening ear, an honest compliment, or the smallest act
of caring, all of which have the potential to turn a life around."
—*Leo Buscaglia*

"You can always, always give something, even if it's only
kindness." —*Anne Frank*

QUOTES:

"There is no exercise better for the heart than reaching down and lifting people up." —*John Holmes*

"Never look down on anybody unless you're helping him up." —*Jesse Jackson*

"Try to be a rainbow in someone else's cloud." —*Maya Angelou*

"That best portion of a man's life, his little, nameless, unremembered acts of kindness and love." —*William Wordsworth*

"The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little."
—*Franklin D. Roosevelt*

"No act of kindness, no matter how small, is ever wasted."
—*Aesop*

"If you see someone without a smile, give them one of yours." —*Dolly Parton*

QUOTES:

"If you want to lift yourself up, lift someone else up."
—*Booker T. Washington*

"Kind words don't cost much, yet they accomplish much."
—*Blaise Pascal*

"Always stop to think whether your fun may be the cause of another's unhappiness." —*Aesop*

"When you are kind to others, it not only changes you, it changes the world." —*Harold Kushner*

"Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." —*Dr. Seuss*

"Peace cannot be kept by force; it can only be achieved by understanding." —*Albert Einstein*

"I feel the capacity to care is the thing which gives life its deepest significance." —*Pablo Casals*

"The simple act of caring is heroic." —*Edward Albert*

QUOTES:

"When I was young, I admired clever people. Now that I am old, I admire kind people." —*Abraham Joshua Heschel*

"You cannot do a kindness too soon, for you never know how soon it will be too late." —*Ralph Waldo Emerson*

"Be kind whenever possible. It is always possible." —*Dalai Lama*

"Be a little kinder than you have to." —*E. Lockhart*

"Of all virtues and dignities of the mind, goodness is the greatest."
—*Francis Bacon*

"Goodness is the only investment that never fails."
—*Henry David Thoreau*

"Never be so busy as not to think of others." —*Mother Teresa*

"To belittle, you have to be little." —*Kahlil Gibran*

QUOTES:

"When a good man is hurt, all who would be called good must suffer with him." —*Euripides*

"Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind."
—*Henry James*

"Everywhere you go, leave a glitter trail of kindness behind you."
—*Anonymous*

"Life is mostly froth and bubble. Two things stand like stone. Kindness in another's trouble, Courage in your own."
—*Adam Lindsay Gordon*

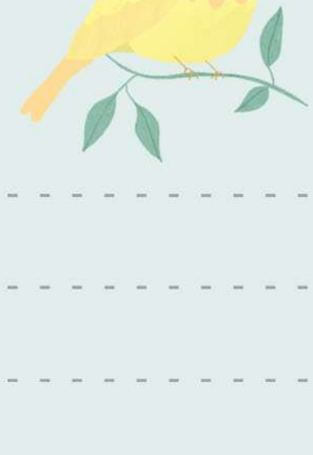
"We may have all come on different ships, but we're all in the same boat now." —*Martin Luther King Jr.*

"If you want others to be happy, practice compassion. If you want to be happy, practice compassion." —*Dalai Lama*

"The purpose of human life is to serve, and to show compassion and the will to help others." —*Albert Schweitzer*

EMPTY TEMPLATES

Get creative with writing your own personal notes on these template.
You can also ask your child to participate and hand them out to
family members, neighbors, classmates and people in your community.



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Henry James

We hope that the kindful notes brought a smile
to both you and your loved ones' faces and hearts.

Notes

Additional resources and in-depth explanation can be found on the following links:

Psychology Today

Mental Health UK

Resources:

Reader's Digest

Pinterest

Share your thoughts and experiences with us:

info@ blossomingkindness.com

www.blossomingkindness.com