

Reflection Activities

All You Need is Love / Free Compliments / Free Positive Thoughts

Purpose: To increase the awareness of the role students play in creating a positive school environment.

The activity sheets included in this activity are intended to act as friendly reminders and bring awareness into the school environment regarding positive mental health. Sometimes we all need a pick-me-up, and these thoughts will be easily accessible for those times of need.

Preparation:

You will need:

- Copies of *All You Need is Love*, *Free Compliments*, and *Free Positive Thoughts* posters
- Scissors
- Tape or sticky tack

Cut along the vertical perforation lines at the bottom of each page. These cuts should enable students to easily tear away the tabs from the top of the tabs. After cutting, secure the posters to the wall in high traffic areas by using the tape or sticky tack.

Instructions:

1. This activity is more passive and completed at the student's own pace and need. Explain to students that they can carefully tear away a tab containing love, a compliment, or a positive thought, and keep it throughout the day as a personal pick-me-up note.
2. Replace pages as the students use the tear away.

Modification:

1. Have students create new sheets with new positive messages.

Make
someone
smile
today!

FREE COMPLIMENTS

for you or
someone you love.

Take One!

You inspire me.

You are like a big hug.

I like to hear
you laugh.

You are a treasure.

You have a gorgeous
smile.

You are beautiful.

You amaze me.

You light up my life.

You look really
good today.

You have a
beautiful soul.

You are lovely.

YOU GET
WHAT YOU
GIVE

All you need is

LOVE

is all you need

TAKE ONE

for yourself or someone else

FREE DOWNLOADS & LOVE AT
KindOverMatter.com

((HUGS))

YOU'RE MY FAVORITE PERSON EVER

THANK YOU FOR BEING SO KIND

YOU MAKE ME SO HAPPY

YOU ARE SO LOVED

YOU ARE SO BEAUTIFUL

YOU'RE THE BEST PART OF MY DAY

I LOVE YOU FRIEND

YOU HAVE A BEAUTIFUL SOUL

YOU'RE AWESOME

((HUGS))

You
Become
What You
Think!

FREE POSITIVE THOUGHTS

Take One!

I communicate with love.

Every moment is a
profound opportunity.

Consider how very
fortunate you are.

Give yourself the gift of
being joyfully you.

Complain less,
breathe more.

Be a part of life,
not afraid of it.

Make the choice to let go
of negative thoughts.

Let Be, Let Go,
Let See, Let Flow.

You are a walking,
breathing wonder.

You have a
beautiful soul.

Give thanks for another
day of loving.

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