

Sun-Maid Lunchbox Love

ADD SOME SUNSHINE TO LUNCH
TIME WITH DAILY HAPPY NOTES

DIRECTIONS

Download and print note cards

Cut out cards on the dotted line

Place a card into your child's lunchbox each day
to remind them of how special they are

Feelings
ARE
Cool

@SUNMAID

IT'S
okay
TO ASK FOR
help

@SUNMAID

crying is okay
AND IT MAKES YOU
feel better, too

@SUNMAID

IT'S OKAY TO
make mistakes
IT'S YOUR FIRST TIME
being human

@SUNMAID

FOLD YOUR HANDS
CLOSE YOUR EYES
AND REMEMBER
*Today is just
one of a million*

@SUNMAID

TODAY IS JUST
*Practice for
Tomorrow*

@SUNMAID

*Go look in
the mirror*
AND TELL YOURSELF YOU'RE
L♥O♥V♥E♥D

@SUNMAID

WHENEVER YOU
SEE THE COLOR
✓/✓
YELLOW
TODAY, THINK OF A
*HAPPY
MEMORY*

@SUNMAID

PINCH YOURSELF
✓✓
*You're real &
really loved*

—@SUNMAID—

*You've
come so far*
TO BE RIGHT HERE

—@SUNMAID—

WHENEVER YOU'RE FEELING
✓✓
overwhelmed
LIGHTLY TAP YOUR KNEE
AS A REMINDER THAT YOU'RE
L♥O♥V♥E♥D

—@SUNMAID—

*Talk to
yourself*
LIKE YOU'D TALK TO YOUR
**BEST
FRIEND**

—@SUNMAID—

I'm not bad at



— @SUNMAID —

Today
IS GONNA BE
RAD

— @SUNMAID —

LIFE IS
Bananas
— *SOMETIMES* —
Roll with It

— @SUNMAID —

YOU'VE MADE IT
THROUGH EVERY
tough day
— *UP UNTIL NOW* —
You'll get
through
this one

— @SUNMAID —