

# Friendly Message sticks



## Love N Learn At Home

- On 7 Popsicle sticks, write fun and friendly messages on each one. Some message ideas are:
  1. I love you.
  2. Be happy today.
  3. You are so smart.
  4. You are beautiful.
  5. God loves you.
  6. Today is a good day.
  7. I am happy that you are my child.
  8. You can do anything you put your mind to.
  9. Life is good and it is fun.
  10. Remember to make your best choices today.
  11. When you feel sad, you can talk to me.
  12. Smile.
  13. Give yourself a hug.
  14. Kiss your brain for being so smart.
  15. You are so good at \_\_\_\_\_.
  16. Pat yourself on the back.

17. Hug yourself.

18. Give me a hive-five!

Every morning after breakfast, let your child "pick a stick" and you read to them the message on it. For older children who already know how to read, allow them to read it out loud. If the message requires an action from child, encourage them to do what it says! Make up your own fun messages on sticks, new and friendly for your children. Have them put the stick back and re-draw a stick again the next morning, all week long!