Name: _____

Fill Your Cup With Kindness

Think of all the nice things you can say to yourself, like "I am brave" or "I am kind." Write or draw them on the cup and decorate it with fun drawings or designs.

The more kind reminders you write, the more your cup will overflow with kindness!

FAMILY CONNECTION!

Ask your student how to fill their cup with kindness.

A summary of today's lesson!