

You Are . . .

What You Need: “Encouragement Cards” Activity Page, scissors, stickers, crayons or markers, and zip top bags

What You Do:

- Pass out an “Encouragement Cards” page to each kid or make your own on a bigger piece of paper.
- Read the front of the cards to the kids and point out the blank.
- Explain that kids will take these cards home, write one thing they love about a friend on the blank line, and give the card to that friend as a way to encourage them.
- Instruct the kids to cut the cards apart and decorate the blank side of all eight cards with the provided supplies.
- When finished, give the kids a zip top bag and place their cards inside.

What You Say:

“Raise your hand if you like to receive notes from a friend. *(Pause.)* Me, too! This week, we’re learning that **[Bottom Line] friends encourage one another**. One way we can encourage our friends is to give them a sweet note. On your cards, it says, ‘You are . . . blank.’ I want you to think of a friend you could give one of these cards to and fill in the blank as a way to encourage that friend.

“You might say, ‘You are good at math,’ or ‘You are patient with your sister.’ What are some other things you could write to a friend on these cards? *(Pause as kids share answers.)*

“So that’s your challenge this week! Since **[Bottom Line] friends encourage one another**, let’s do just that by giving out notes of encouragement to our friends! Do you think you can hand out all eight cards?”

[Make it Personal] (Share a time when you were sad and a friend encouraged you and helped you feel better. Maybe they wrote a note, prepared a meal when you were sick, gave you a thoughtful gift, or told a silly joke to cheer you up.)

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