

Introduction and How to Use

Thank you for downloading Grow and Thrive Therapy, LLC's "Lunchbox Love Notes"!

Print off the pages and cut out a note for your child to put in their lunchbox, backpack, pencil case, bedroom, bathroom, or anywhere that might surprise them! You can even add your own special note on the back.

Children love words of encouragement and this helps them build their self-worth, a connection with you, and self-efficacy! These are great too if your child experiences some worries at school and seeing a little letter from you helps them get through the day!

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Lunchbox Love Notes

I believe in you!

You can do
anything you set
your mind to!

I can't wait to
hear about your
day!

You make me smile

You've got this!

This is just the
beginning of your
greatness!

You inspire me!

My love for you
will never end!

Lunchbox Love Notes

You amaze me!

You are strong
and capable!

Asking for help
shows strength and
courage!

You are a
rockstar!

Take one step at
a time!

You are an original!
There is no one like
you!

I'm thinking of you
today!

You amaze me!

Lunchbox Love Notes

Believe in yourself!

You have an
awesome
imagination!

I love you no
matter what!

The world is better
with you in it!

Take your time,
and do your
best!

You are growing
every day!

Keep going and
keep trying!

I am thinking of
you!