

THE Check-In PROJECT

A MENTAL HEALTH INITIATIVE OF WRAPAROUND OSCEOLA

Sometimes we all need a little pick-me-up in the middle of the day. These lunch box notes are the perfect way to remind your child how wonderful and loved they are.

How to Use:

- Print on a standard 8.5 x 11 sheet of paper and cut along the dotted lines to create 8 separate lunch box notes.
- Some cards have fill in the blanks. Complete the cards to remind your kiddo of what you love about them or signing your name to add personalization. There are two blank cards included for your own message.
- Place the card in their lunch box or snack before sending your child off to school for the day.



Find more resources at thecheckinproject.org

Never forget, you are



**Work hard and
be kind.**



I love that you

**You are one
of a kind.**



**I hope you are having
a wonderful day.**

Love,



**I am proud
of you.**



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Make your own lunch box notes!

You can create your own lunch box notes using paper, post-it notes, or cards that you have at home.

Here are some message ideas:

- You are one of a kind.
- Work hard and be kind.
- I hope that you are having a wonderful day.
- I am proud of you.
- Let your light shine today!
- You are my super star.
- Remember, just keep swimming.
- Always keep looking for sunshine.
- A smile is the best thing you can wear.



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