



PURPOSE *////////////////////*

- Create positive affirmation bookmarks to promote well-being
- Color bookmarks to channel creativity
- Spread kindness and positivity around your home, school, or community

INSTRUCTIONS *////////////////////*

Materials

- Printed bookmark
- Scissors
- Markers, colored pencils, or crayons

Application

- After coloring the bookmarks, keep some for your family to use in whatever book you're reading. Hide the extra in other books around the house to find as a surprise later, or go to your local library and hide them in the books for others to find!

Assembly

1. Print out bookmarks
2. Cut them to size
3. Color/decorate the bookmarks

Let us know how the activity goes!
We'd love to hear from you or receive pictures or tag us on social media:



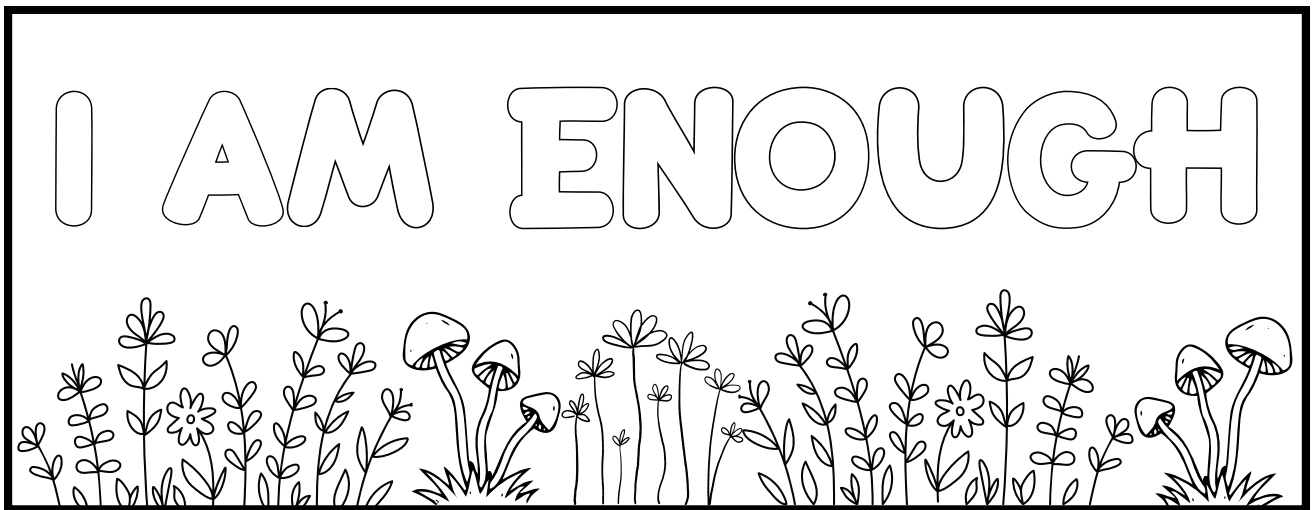
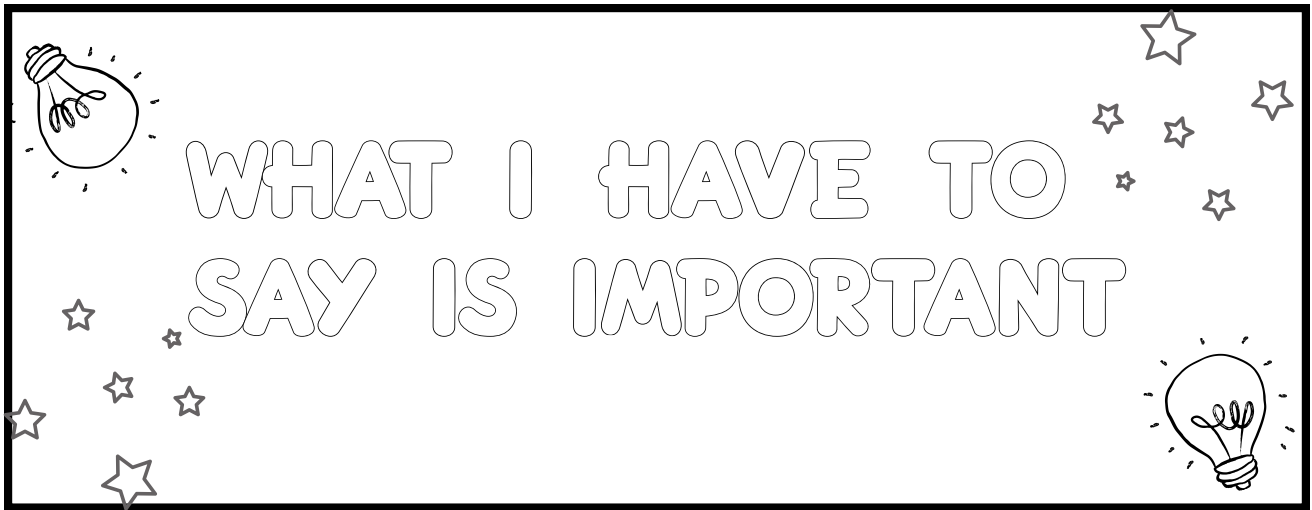
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WHAT I HAVE TO
SAY IS IMPORTANT

I DESERVE TO BE
HAPPY

I AM ENOUGH

I AM PROUD OF WHO
I AM BECOMING

I CAN DO HARD THINGS

MY BEST IS
ENOUGH

