



of Greater Indianapolis

## POSITIVE PARENT/GUARDIAN AFFIRMATIONS

**Ages:**

All ages

**Description:**

It's so important that we acknowledge and appreciate the individuals that provide and take care of us on a daily basis. With this activity you will have the opportunity to meditate and creatively express your love and appreciation for the people that look after you emotionally, for the people that provide for your basic needs as best they can. Especially during these trying times it's important to be appreciative and focus on the good things that we do have.

**Time:**

20-30 minutes

**Materials Needed:**

- Paper
- Something to write with (markers, pen, pencil, etc.)
- Scissors
- Creativity

**Instructions**

Before you begin creating your individual cards of encouragement, take a moment to meditate on the person or persons you would like to write to. Think about the qualities they possess that you admire, appreciate, and are thankful for. Also, think about the things that may discourage them, things that bring them down. What could you write to them that would lift them up? What could you write that would let them know they are appreciated? After you have done this, you can begin to create and decorate your cards!

**Let's get started!**

Inspiring all girls to be strong, smart, and bold

Step 1:



First, gather your supplies.

Step 2:



Next, take your paper and fold it in half horizontally, a.k.a hamburger style.

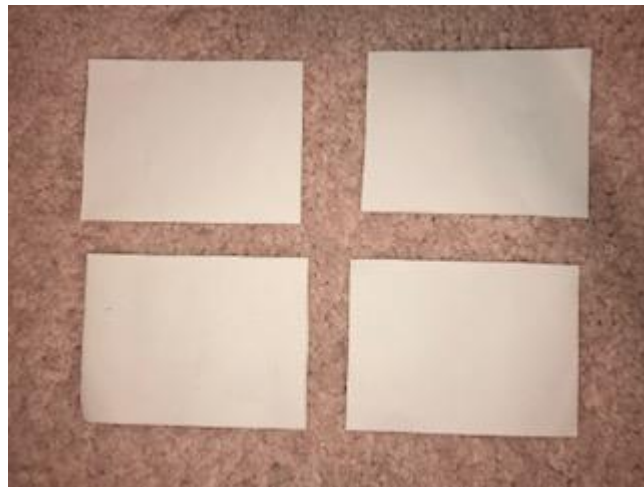
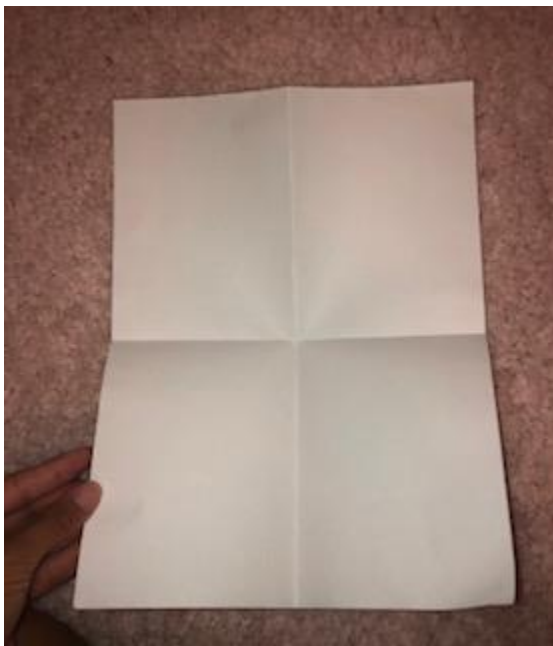
Step 3:

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Then take your page and fold it in half again so that you create four smaller squares.

Step 4:



Unfold your paper to reveal the four squares and begin cutting along the lines until you have four smaller separate pieces of paper.

Step 5:

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Fold each of the four in half (hamburger style) to create four small cards. Feel free to repeat steps 1-5, make as many small cards as you'd like.

Step 6:



Begin decorating the cards, keep in mind that you will have to make space for your specific reason for writing the card. For example, "Read this when you need something to brighten your day!"

Step 7:

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Inside the card, write a personal message to your person of choice.

**Step 8:**

You're all finished! Give your cards to the people you wrote them for whenever you feel is the best time!

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## ACTIVITY RECAP

### Discovery Questions:

- How did it feel to think about your loved ones in this way? Was this a hard activity to do? If so, why?
- Why is it important to be thankful and appreciative for the people that provide and care for us, whether it be emotional or physical?
- Moving forward do you have a newfound appreciation for the individuals that take care of you? How will you view them or treat them now?
- With a parent/guardian's permission, share with us your cards of appreciation on our Instagram page with the tag @girlsincindy.

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