



# I LOVE MYSELF!

## PREPARATION

- A** Download and print copies of the “Love Letter” worksheet for each student in your class.
- B** Provide students with pencils, markers or crayon.



## ACTIVITY

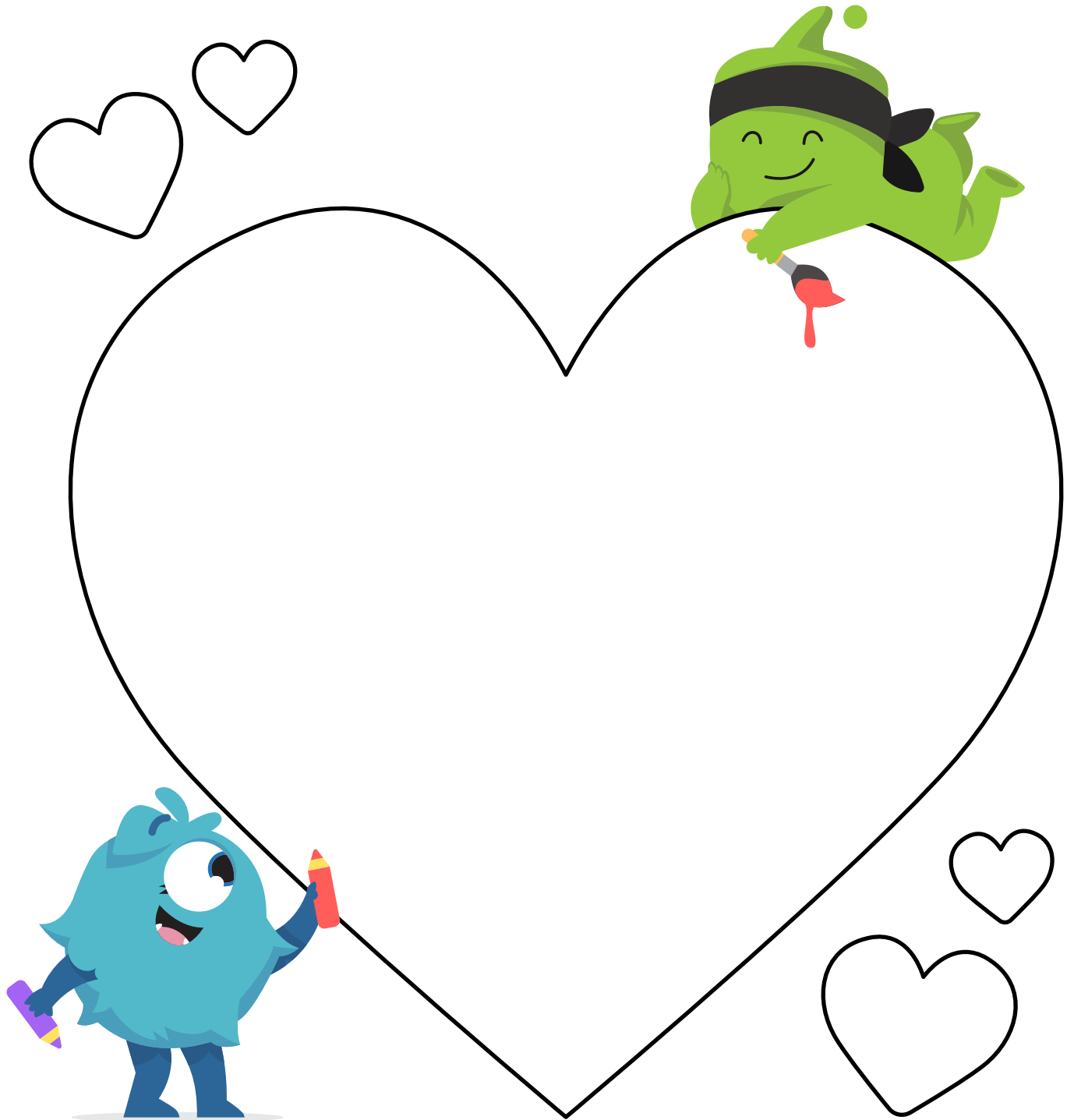
- 1** Start the activity by reflecting with your class.
  - Take a moment and think about all of the great things that you have in school, at home, or somewhere else.
  - Think about all of the things about yourself that you love.
- 2** Let's write about ourselves!
  - Draw a picture or write about the different things you love about yourself.
- 3** Let's reflect
  - How can we remind ourselves every day how incredible we (you) are?
  - Never forget that you are special and there is so much to love about who you are!



# LOVE LETTER!

## DIRECTIONS

Draw a picture about all the things you love about being you!

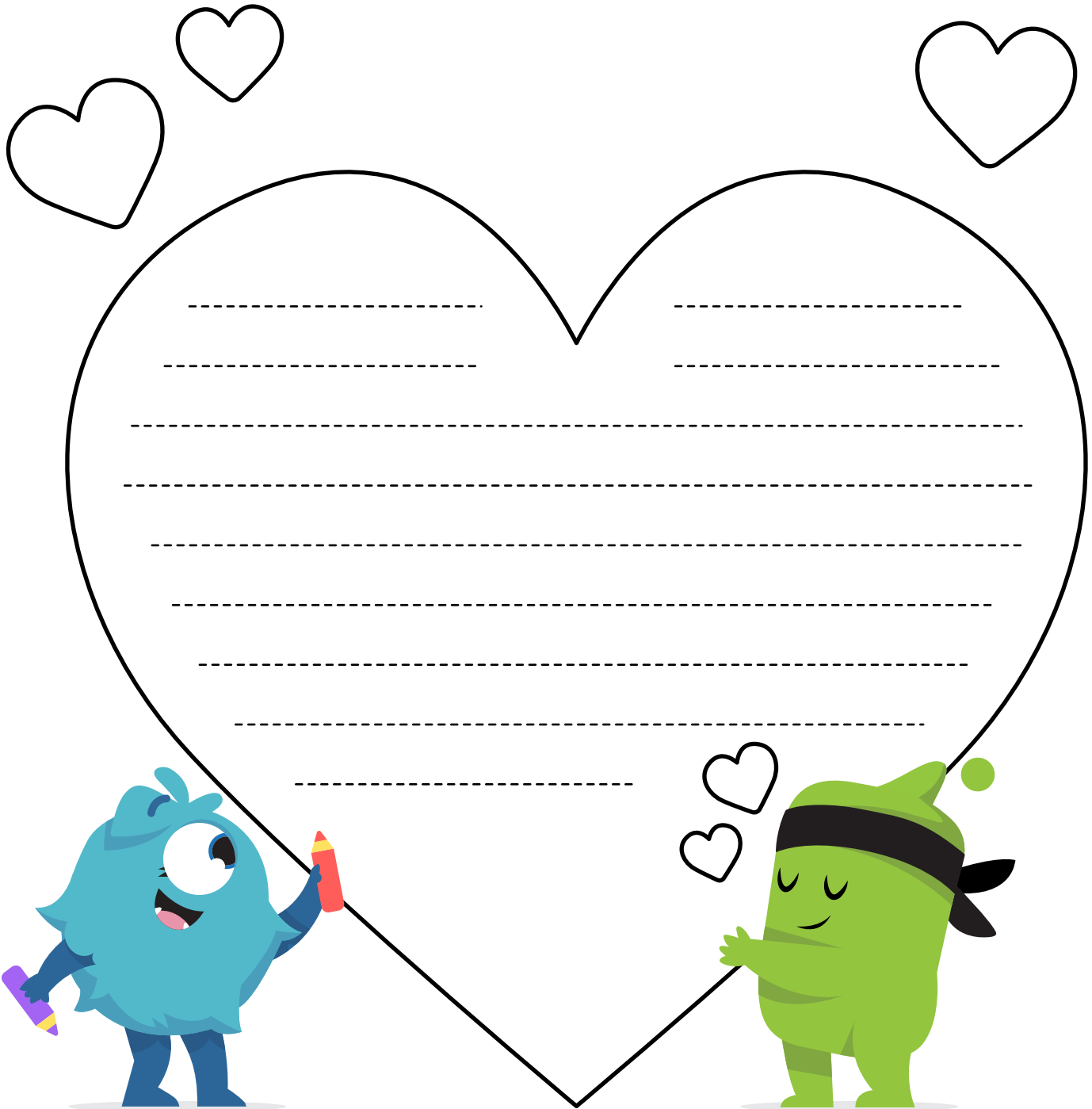


Name: \_\_\_\_\_

# LOVE LETTER!

## DIRECTIONS

Write a letter to yourself about all of the things you love about being you!

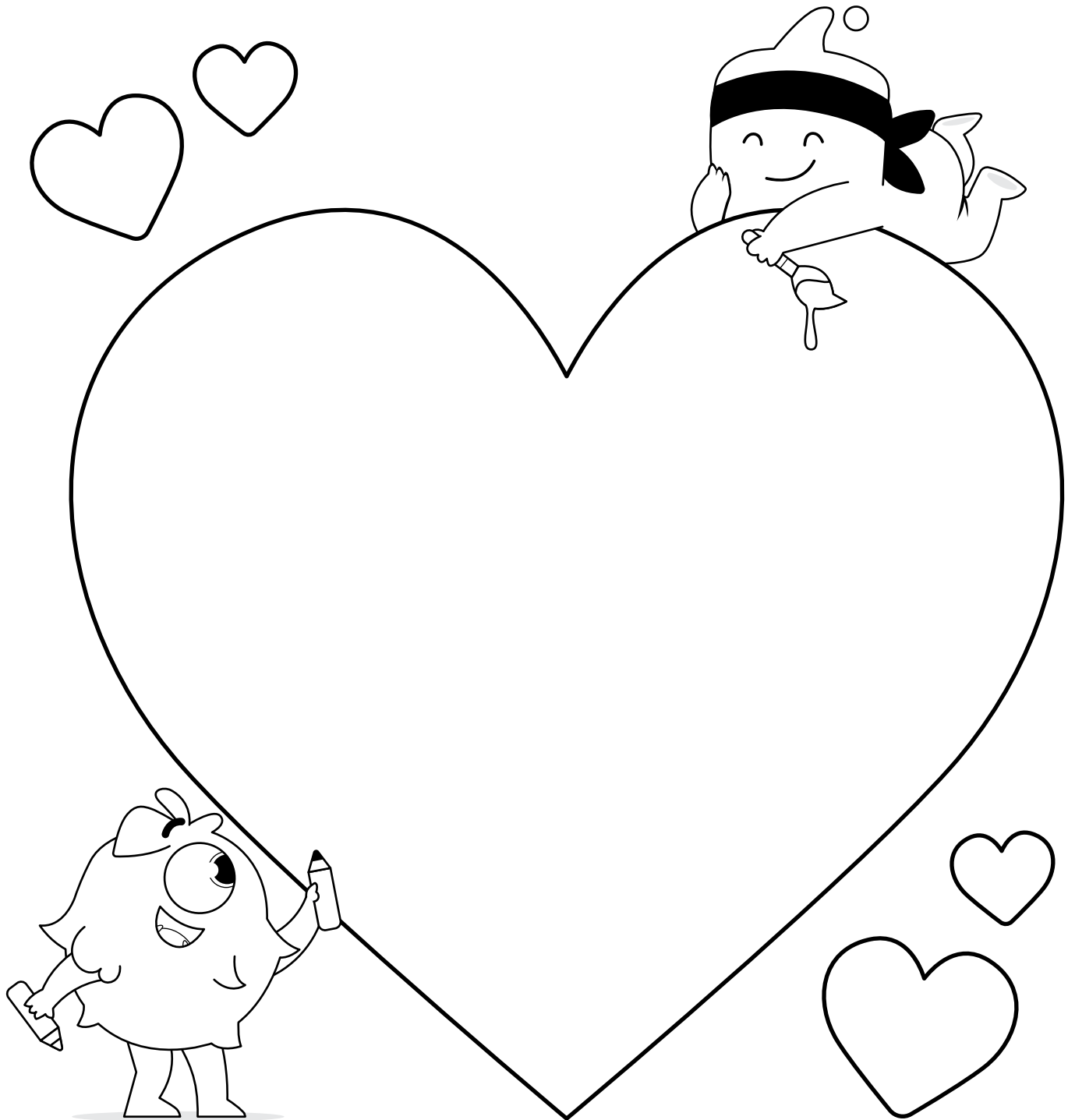


Name: .....

# LOVE LETTER!

## DIRECTIONS

Draw a picture about all the things you love about being you!

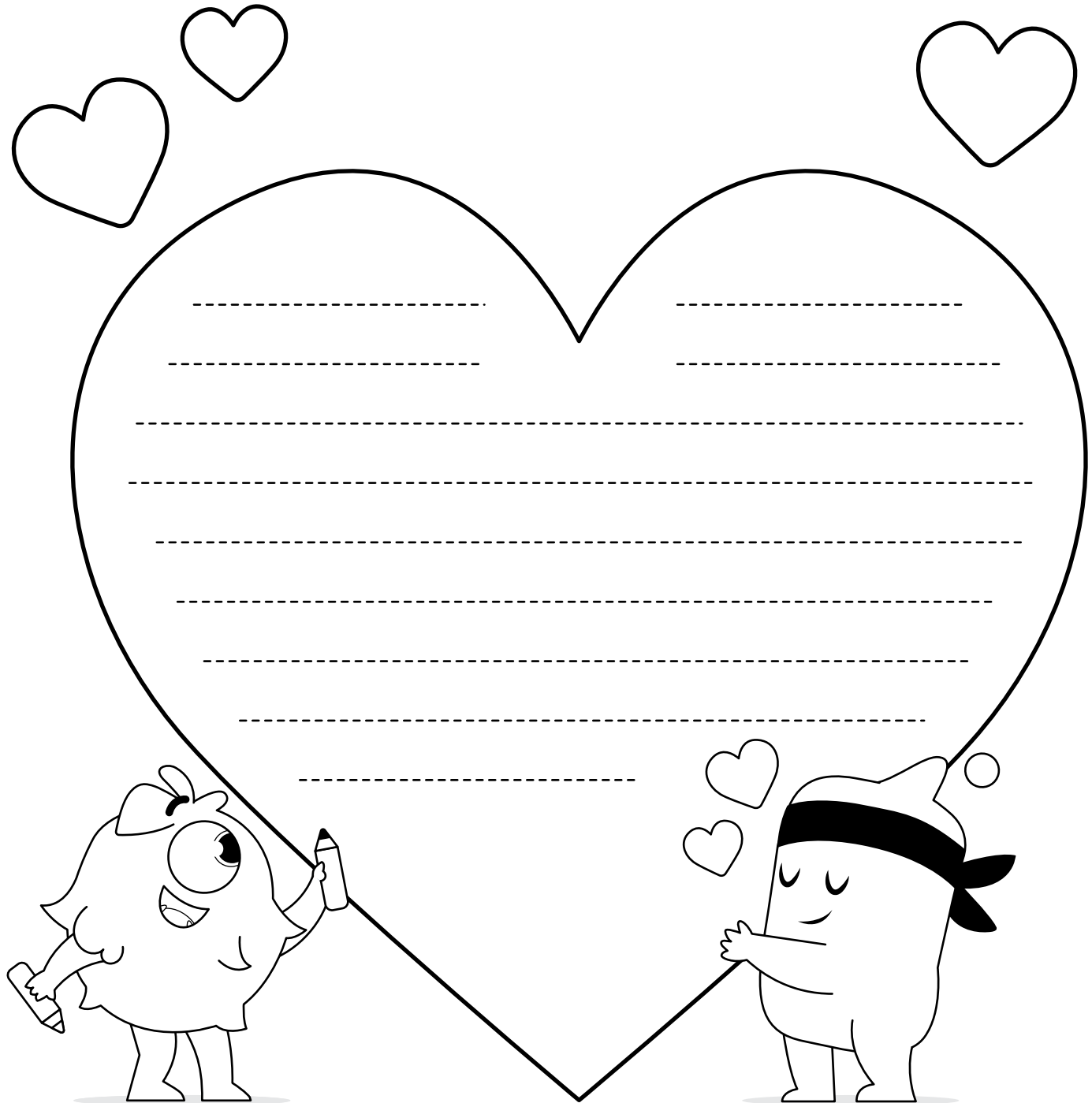


Name: .....

# LOVE LETTER!

## DIRECTIONS

Write a letter to yourself about all of the things you love about being you!



Name: .....