

Mirror, Mirror: I Love You

A daily self-love activity



- 1 Stand in front of a mirror where you can see your face clearly.
- 2 Look into your eyes. Notice your strengths, not your flaws.
- 3 Smile and say: "I love you." Repeat it three times.
- 4 Name three things you love about yourself.
- 5 Do this every morning or whenever you need confidence.

Write three things you love about yourself:

1. _____

2. _____

3. _____

Today I choose to be kind to myself.

Sign your name: _____

What Makes Me Unique?

Celebrate your strengths, talents, and personality

Write or draw something special about yourself in each box.



A strength I have...



Something I do well...

Something that makes me laugh...

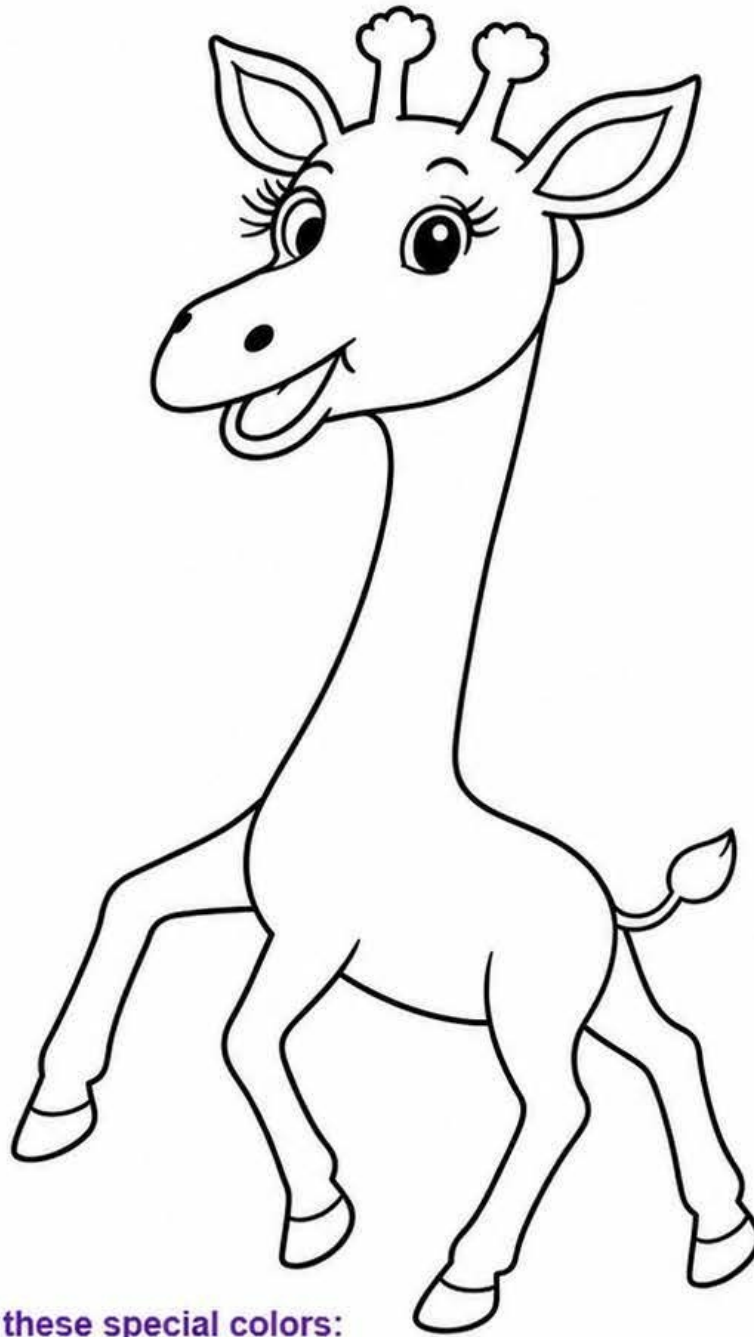
A dream I have...

Someone I help...

A word that describes me...

Color Your Own Labi

Make Labi as colorful and one-of-a-kind as you are



My Labi has these special colors:



Give your Labi a name: _____

One thing that makes your Labi special: _____

Classroom Discussion Prompts

Talk, listen, and learn from one another

1

What does it mean to be one-of-a-kind?

2

How can we show kindness when someone feels left out?

3

What is one strength you see in a classmate?

4

How can positive self-talk change your day?

5

Why is it important to celebrate differences?

6

What can our class do to help everyone feel included?

7

Describe a time you were proud of yourself.

8

What does self-love look like in everyday life?

Kindness Notes

Write kind words and share them like confetti



You are...

A kind thing I noticed...

From: _____



Thank you for...

You make a difference because...

From: _____



I appreciate...

Something special about you...

From: _____



You helped me when...

I hope you remember...

From: _____

Cut out the notes, write something kind, and share them.

Labi's Self-Love Pledge

Read it aloud, decorate it, and make it yours



I am special.

I am loved.

**I am uniquely me,
and so are you!**



I will practice self-love by:

My signature: _____

Date: _____

There is only one you - and that is your superpower.

Certificate of One-of-a-Kind Confidence

Presented for practicing self-love, kindness, and courage



This certificate proudly celebrates

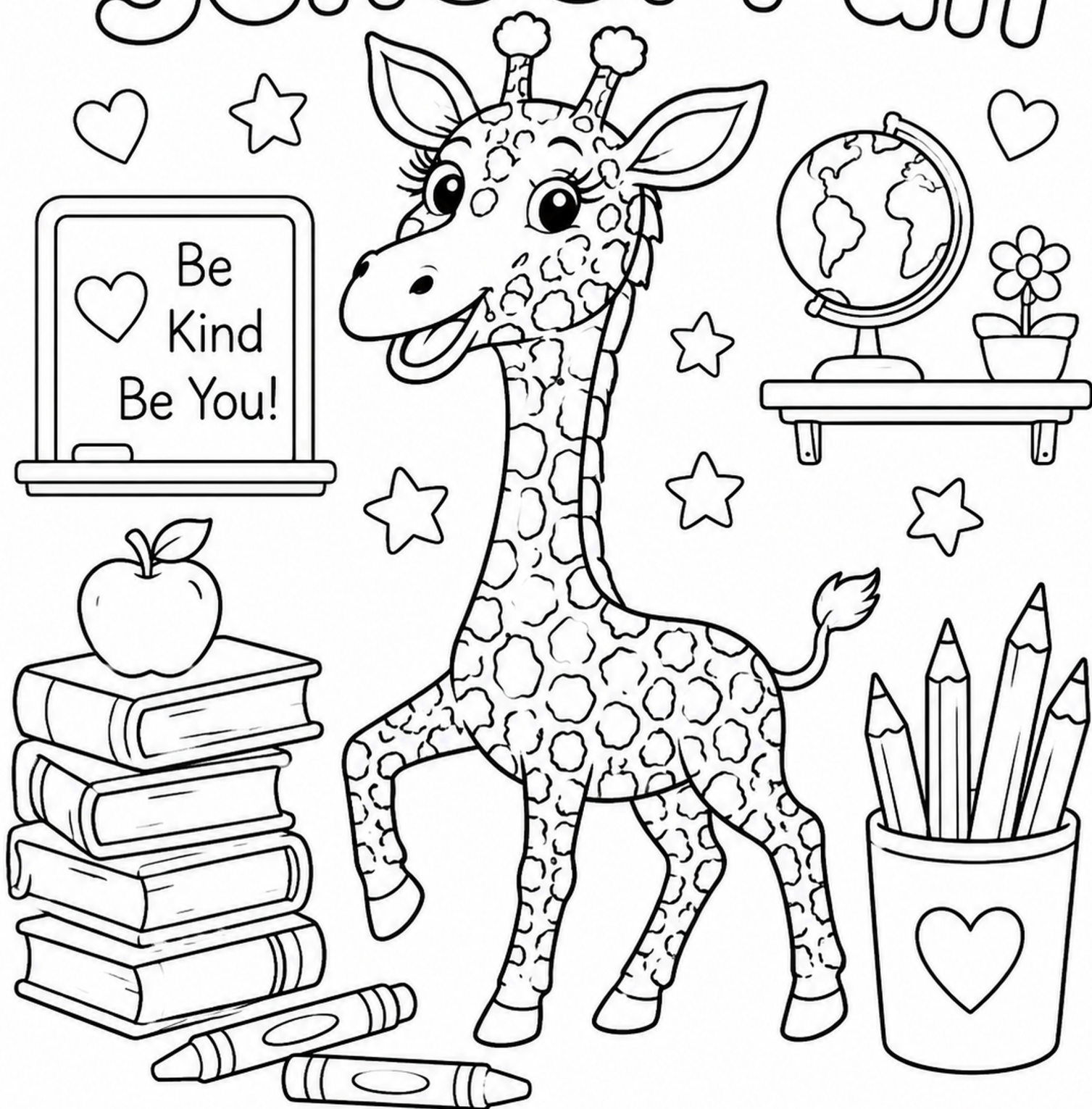
Name

for showing confidence, kindness, and joy.

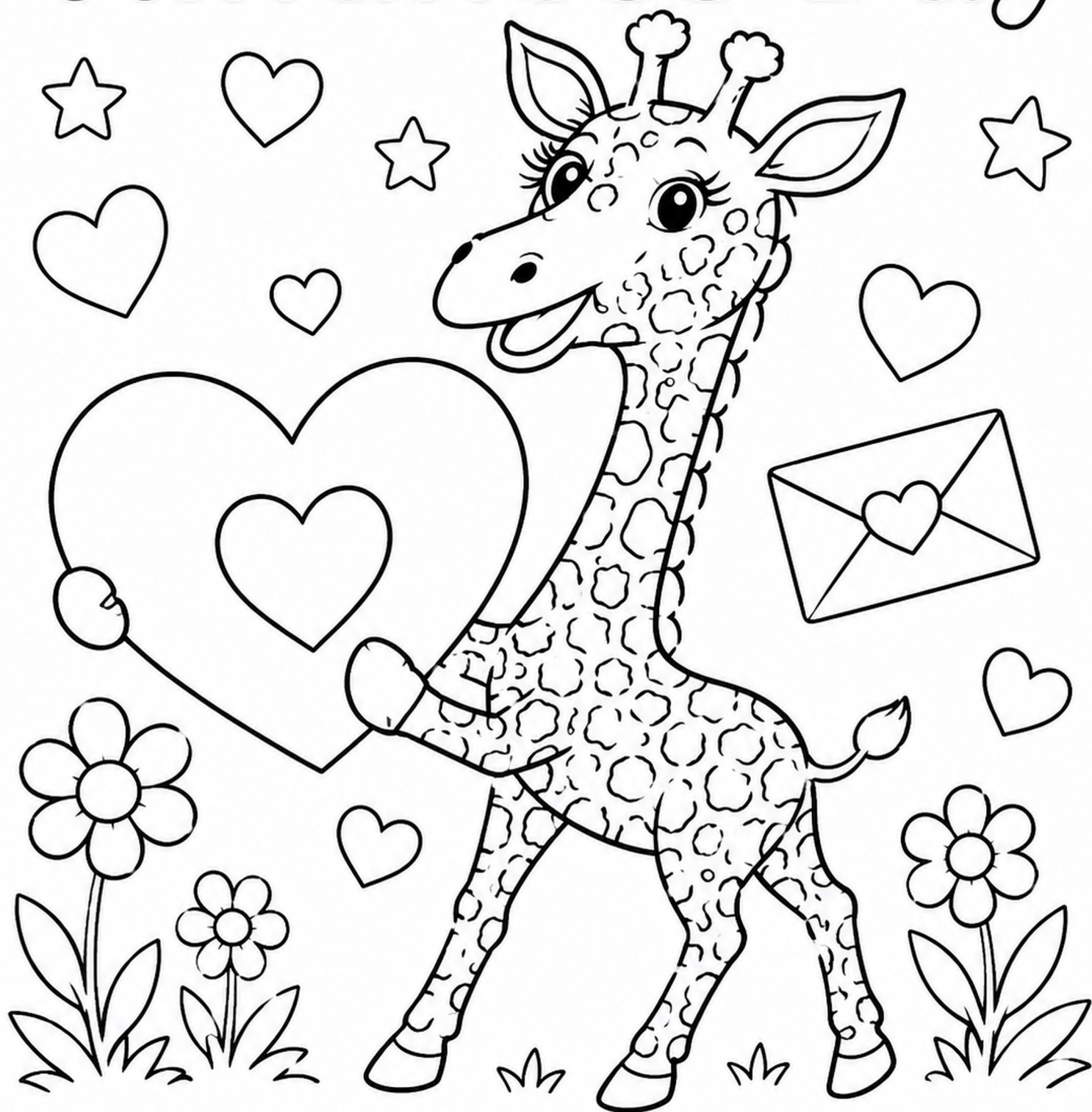
Date

Parent / Teacher / Caregiver

★ Labi's School Fun ★



♥ Labi's ☆ Kindness Day ♥



♥ Color Labi ★ ★ in the Garden

