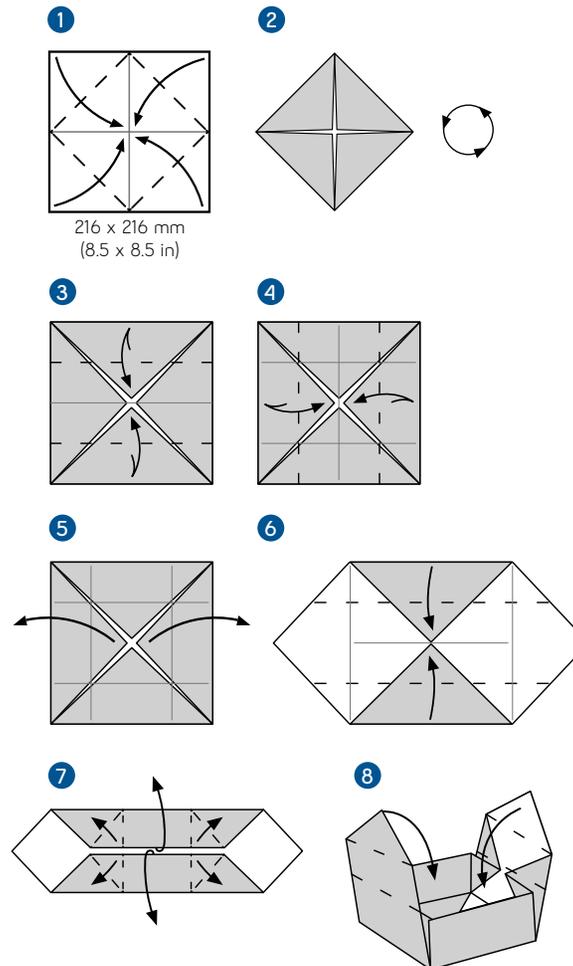


The Bell Let's Talk Kindness Box

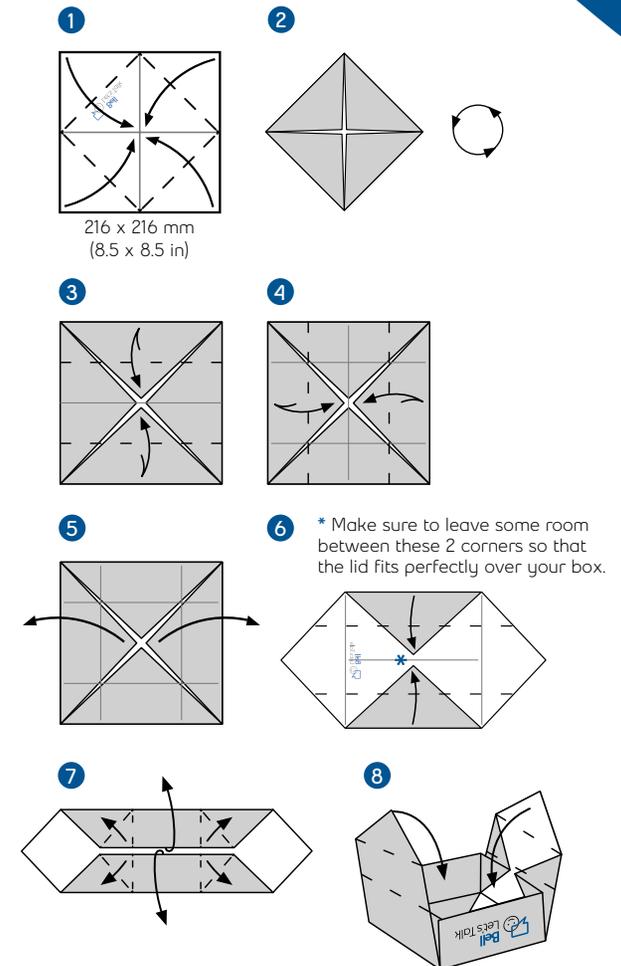
Building a Kindness Box is a fun and easy way to give yourself or someone you care about a boost of positive energy.

1. Print off your Masu box and Masu box lid construction pages and fold them according to the instructions. You can also use any two sheets of paper, as long as they are both square and the same size.
2. Fill out the messages sheet with personalized statements or write down your messages on a separate sheet of paper.
3. Cut out your messages and put them in the box.
4. Decorate, wrap or secure the box with ribbon (optional).
5. Open the box and read the messages inside when you need a pick-me-up. You can also, as a gift, fill out the "for them" messages, save the document and send it by email to family and friends so they can make the Bell Let's Talk Kindness Box.

Masu box



Masu box lid



This origami box is also called Masu, which is Japanese for wooden box. Masu boxes were originally used to measure portions of rice and come in all kinds of different sizes.

Messages



Use the phrases on the left if you are making a kindness box for yourself, and use the phrases on the right if you are making a kindness box for somebody else.

For me



For them



My greatest strength:

Your greatest strength:



My happiest memory:

My favourite memory of you:



3 activities I find uplifting:

Something I appreciate about you:



3 things I'm thankful for:

Something I look forward to doing with you:



Something I am proud of:

A challenge I saw you overcome:



My feel-good song, movie, TV show, or book:

My biggest hope for you:



3 people I can reach out to:

Something you've taught me:



My happy place:

A time we laughed together:



Something I'm looking forward to:

What makes you unique:



A positive message for myself:

A time you really helped me:



Masu box construction page

216 x 216 mm (8.5 x 8.5 in)



Masu box lid construction page

216 x 216 mm (8.5 x 8.5 in)

