



Hello, friend.

I'm so glad you're here. These pages are full of little moments to slow down, color, and talk about together.

Some are for you, some are for a grown-up to help with, but all of them are meant to make you feel proud of who you are.

You don't have to finish them all at once - just enjoy a few quiet minutes at a time.

When you do, you're part of something special - a circle of readers who believe that kindness and difference make the world beautiful.

With love,

Beth



The Little Things That Make You You

✨ Draw yourself
here ✨

My favorite snack is

I'm really good at

Something that makes me different is

I feel happy when

Someone who makes me laugh is

Parent Note: Ask your child what makes them proud. Reflect their words back - it helps them feel seen and strong.



Kindness in Bloom

Kindness grows quietly,
but it changes everything.



Color the animals helping each other

(Picture of squirrel giving berry to friend,
bird creating shade with a leaf)

Color the picture and think of ways kindness shows up in your world.

Talk about: A time someone was kind to you - or a time your child showed kindness. What changed afterward?



The Quiet Moments Scavenger Hunt

Let's see how many gentle things you can notice this week!

☐ 🎵 I listened to the wind or birds today

☐ 😊 I noticed something that made me smile

☐ 💭 I said something kind to myself

☐ 💛 I helped someone feel included

☐ 🤗 I gave someone a hug or high-five

☐ 🌿 I found a leaf, rock, or flower that looked special

Completed by:

Date:

Parent Tip: Each time your child checks one off, pause for a few seconds of reflection - these are little mindfulness seeds taking root.



Our Story Page

Every family has stories worth telling.
You can make one together right here.

Once upon a time, we felt different because

.....

.....

But then we learned that

.....

.....



Draw your story here!

You can't color outside the lines of love. ♥



Dear Future Me,

Hello, me! When I open this again someday, I'll smile remembering who I was.

With help from a grown-up, fill in the blanks:

My favorite color is

I like to play

My favorite snack is

When I grow up, I want to

One kind thing I did this week was

I feel proud when

Love,

.....
(Your Name)



Open next year!

Date to open:

Parent Tip: Fold it, seal it, and write a date to open it again - maybe in one year. You'll be amazed by how much they remember.



Certificate of Kindness

This certifies that

.....

made the world a little kinder today by

.....

.....

.....

Beth Linehan

.....

(Whoever loves you most)

 *Approved by The Ginkgo Leaf*