

Phrases to Empower Your Kids at School Drop-off

School drop-offs can be a great time to foster a positive mindset in your kids. The words you choose before they head into their school day can boost their confidence, encourage kindness, and remind them they are loved. Try these simple, thoughtful phrases and see the difference in how your kids act and feel.

"Share your smile with someone today!"

This helps them realize the positive impact they can have on others.

"Can't wait to hear what you learn today!"

This reminds them that their experiences matter to you.

"Be kind to yourself and others."

This shows them the importance of self-compassion and empathy for those around them.

"Find something good about someone today and tell them."

This promotes positive interactions and helps your child focus on the good in others, encouraging kindness, connection, and the ability to lift someone's spirits with a compliment.

"Make yourself proud."

This helps them develop intrinsic motivation and teaches them that the most important approval comes from within.

The right words at drop-off can inspire your child to make good choices, spread kindness, and feel proud of themselves. Let your daily send-off be a moment of connection that helps them start their day with positivity and love!



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"As a therapist, I highly recommend these journals."

- Chris Russell

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