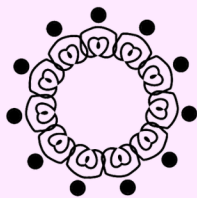


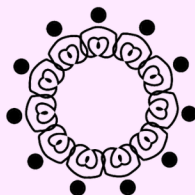
Loving Kindness



Loving Kindness

What You'll Need!

- **Paper or your sketchbook**
- **Pencils, crayons, or markers**
- **A printed photo (optional)**



Loving Kindness

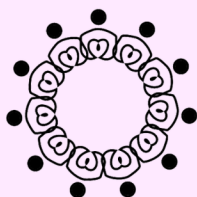
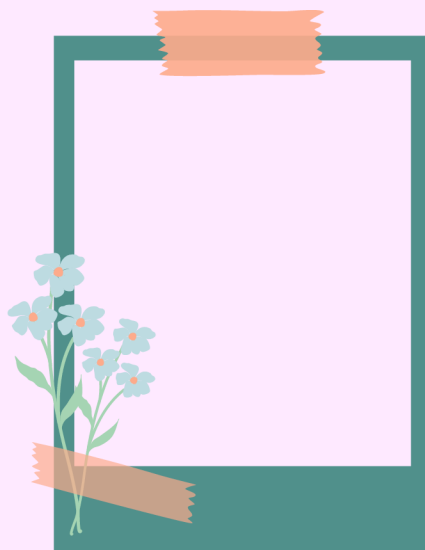
This activity is all about sending love and care - whether it's to someone you know, a pet, a place, or even yourself! Let's take a quiet moment to create something thoughtful and kind.

Step 1: Choose someone or something you'd like to send kindness to.

Step 2: Draw a picture of them or print out a photo to decorate.

Step 3: As you create, think of kind wishes you'd want to send. Maybe it's "I hope you feel happy" or "I'm thinking of you."

Kindness is something we can share anytime, anywhere just by thinking of others.



Share the Magic!

Seeing the creativity, connection and joy that comes from these activities truly lights me up!

You're invited to share a photo, a little note about your experience, or tag me on social media. I'd be so grateful to celebrate this moment with you.

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 [@emmillartherapy](https://www.instagram.com/emmillartherapy)

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Can't wait to see what you create!

