

Special Message Signs

Instructions:

1. Choose a special message to color with colored pencils. Then cut it out and glue it on an index card.
(Or you can come up with your own idea for a special message and write it on a card.)
2. Put colorful craft tape above and below the special message, to make a frame for it.
3. Display your sign at home in a place you see every day, like a bathroom mirror.
4. When you see your sign, say your message out loud to yourself. Or a parent and child can say it together.

I am a star of God.



I exist because



God loves me.



♥ I put love ♥
into everything I do.

THE SONG OF HU
IS PART OF ME.



I see the MAHANTA in
everyone I meet.

I treat myself
kindly and gently.

My body is a sacred
temple for Soul.