

Daily Messages Box

Bright Day Collection (1)

Cut out the daily messages, **fold** them, and then **store** your small pieces in a box. **Open** one snippet a day to inspire you with optimism and happiness.

Read an educational article on how to deal with cyberbullying 

Read a new book 

You can do it 

Apologize to someone you offended, even if it was unintentionally 

Have a cup of water 

You're smart 

Tell your close friends that you love them 

Don't use your smart devices today, and play with your siblings or parents 

Enjoy your're day! 

Finish your meal to grow stronger 

Share a piece of chocolate with your siblings or parents 

Participate in preparing the dinning table 



Tonight, go to bed early to wake up early 

Write down your goals of the day, and cross-out what has been done 

Explore new things 

You are the best 

Think about your future, and share your thoughts with your parents 

Donate one of your toys to make a child happy 

Ghosts do not exist! Always be brave 

Ask your parents how they are doing today and offer your help 

SMILE... It's a new day! 

Fill in the blank: When I grow up, I want to be _____ 



Follow your dreams 

You have a beautiful smile 



Keep your belongings and toys from loss and damage 

When you see your friends offending each other, tell your teacher right away 

We love you 

Try to write a short story
 

 Have a nice day!
 

 Stay strong for yourself
 

 Be grateful and count your blessings
 

 Do some research on an exciting topic
 

 Help your mother to prepare your favorite meal
 

 Draw a painting and hang it in your room
 

 Good morning . . . Have a good day!
 

 Visit a relative or friend to strengthen your relationship
 

 Clean and organize your bedroom
 

 Help your mother in cleaning your bedroom
 

 Have a fish meal today! It contains Omega-3, which is important for brain functions
 

 Thank God
 

 Think Positive. Be Happy.
 

 Use your free time on reading and researching
 

 It's hot outside, don't forget to drink water
 

 Donate from your money to poor people
 

 Do more of what makes you happy
 

 Try to spend just one hour on your iPad
 

 You can do it
 

 Water is important for the vital activities in your body
 

 Don't give up!
 

 You're smart
 

 Call your grandparents to check on them
 

 Exercise outdoor
 

 You're BRAVE
 

 List your goals of the day on a paper and cross out what has been achieved
 

 Smile, it's an act of charity
 

 Set your goal for the day and aim to achieve it
 

 We love you
 

 Stay away from smart devices for a whole day
 

 Have a cup of water
 

 Make sure to have healthy meals
 

 Good morning SUNSHINE
 

 Keep going
 

 Read to have an educated mind
 

 A healthy mind in a healthy body
 

 You're smart
 