

# The Bell Let's Talk Kindness Box

A Kindness Box is a fun and easy way to give yourself or someone you care about a boost of positive energy. Fill out the messages on the right with personalized statements, save the document and send it by email to someone you care about so they can make their own Bell Let's Talk Kindness Box. If they don't have a printer, they can still save the document and view their messages whenever they need a pick-me-up.

## Messages

Personalize the messages below for someone you care about. It could be a friend, family member, colleague or anyone in your life who could use a positive boost.

✂ Your greatest strength:

✂ My favourite memory of you:

✂ Something I appreciate about you:

✂ Something I look forward to doing with you:

✂ A challenge I saw you overcome:

✂ Something you've taught me:

✂ A time we laughed together:

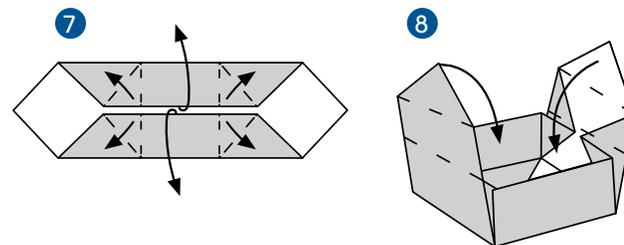
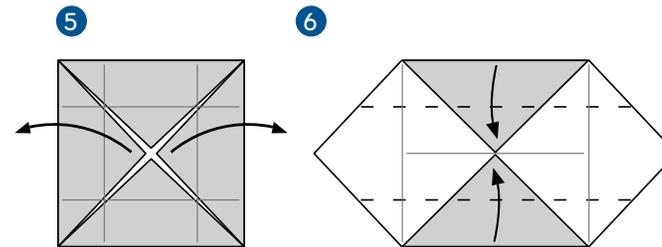
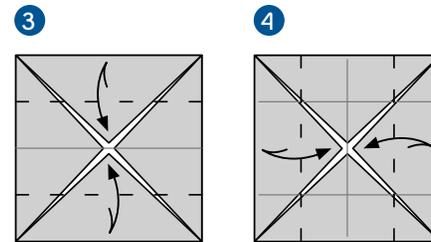
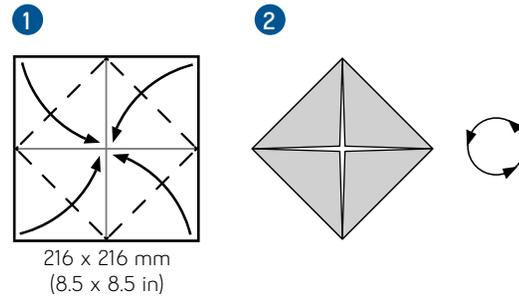
✂ A time you really helped me:



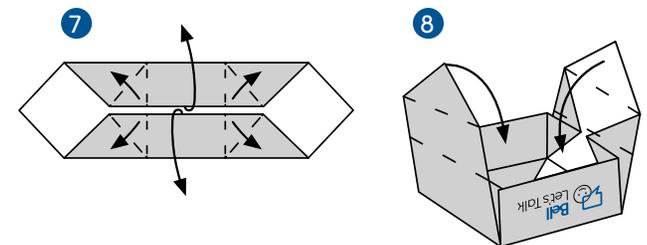
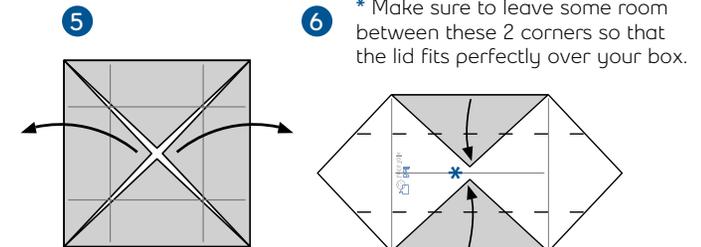
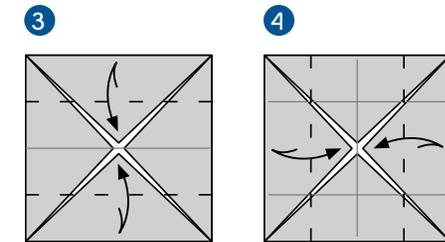
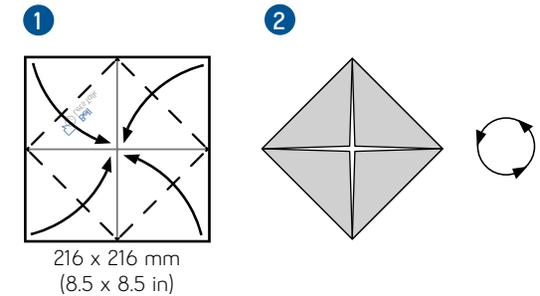
You can build a Kindness Box to hold your messages, or save them digitally. This origami box is also called Masu, which is Japanese for wooden box. Masu boxes were originally used to measure portions of rice and come in all kinds of different sizes.

# Masu box and Masu box lid construction

## Masu box



## Masu box lid



1. Print off your messages, Masu box and Masu box lid construction pages and fold them according to the [instructions](#). You can also use any two sheets of paper, as long as they are both square and the same size.
2. Cut out your messages and put them in the box. You can add your own positive messages too!
3. Decorate, wrap or secure the box with ribbon (optional).
4. Open the box and read the messages inside when you need a pick-me-up.
5. Don't have a printer? Simply save the document on your computer or phone to view your messages any time.

# Masu box construction page

216 x 216 mm (8.5 x 8.5 in)



# Masu box lid construction page

216 x 216 mm (8.5 x 8.5 in)

