

Messages

Personalize the messages below for yourself to look at whenever you could use a positive boost.

✂ My greatest strength:

✂ 3 activities I find uplifting:

✂ 3 things I'm thankful for:

✂ Something I am proud of:

✂ My feel-good song, movie, TV show, or book:

✂ 3 people I can reach out to:

✂ Something I'm looking forward to:

✂ A positive message for myself:

✂

The Bell Let's Talk Kindness Box

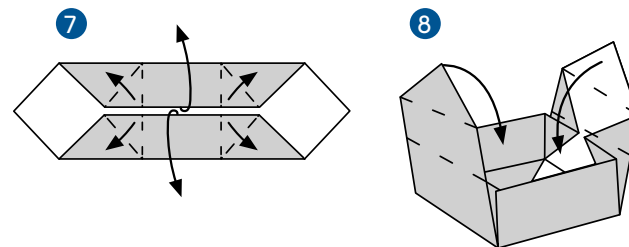
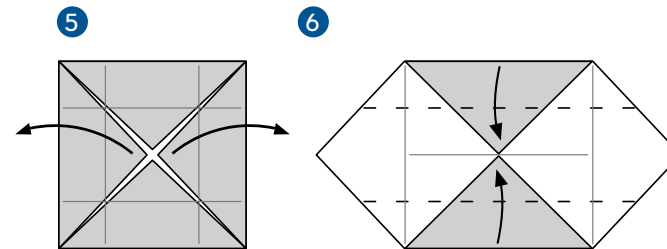
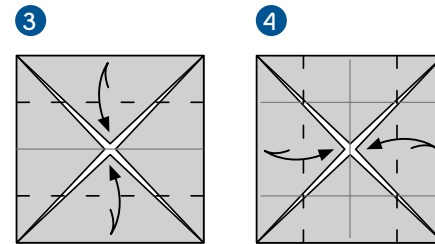
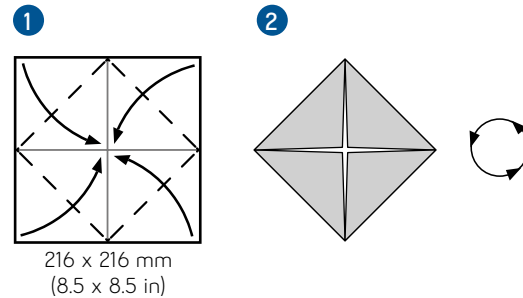
A Kindness Box is a fun and easy way to give yourself or someone you care about a boost of positive energy. Fill out the messages on the right with personalized statements and save or print the document to make your personal Bell Let's Talk Kindness Box. If you don't have a printer, you can still save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



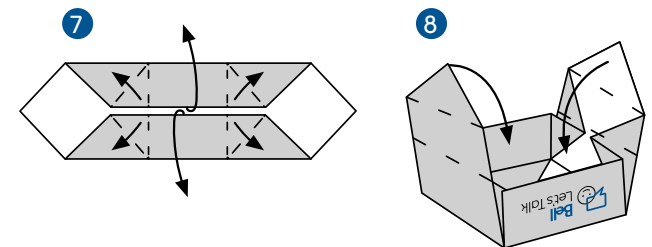
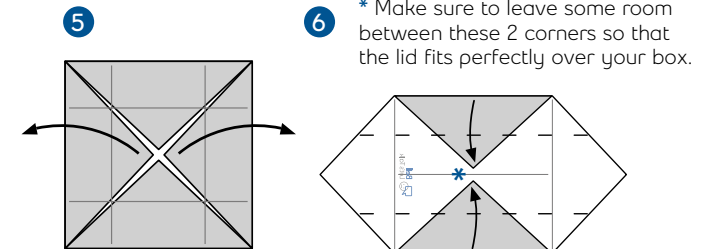
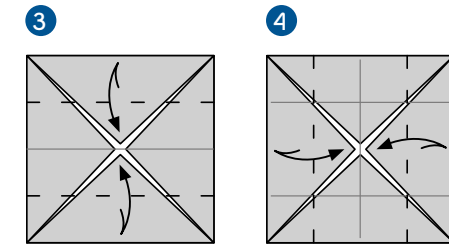
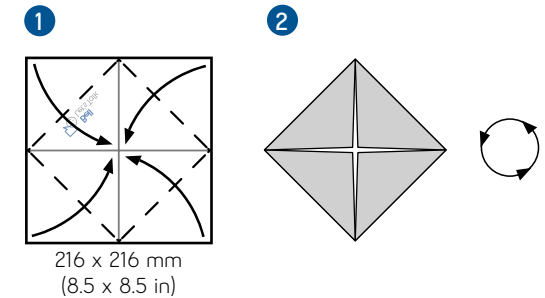
You can build a Kindness Box to hold your messages, or save them digitally. This origami box is also called Masu, which is Japanese for wooden box. Masu boxes were originally used to measure portions of rice and come in all kinds of different sizes.

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)

