# Kindness paper chain

Create a 'Kindness paper chain' and include positive words of affirmation for yourself and others, to display around the room.

- Cut strips of paper in varying colours
- Write your words of kindness and positivity
- Tape, glue, or staple the ends together to make a loop
- Insert a second strip of paper into the loop
- Tape, glue or staple this strip to make an interconnected loop
- Continue until your paper chain is as long as you want it
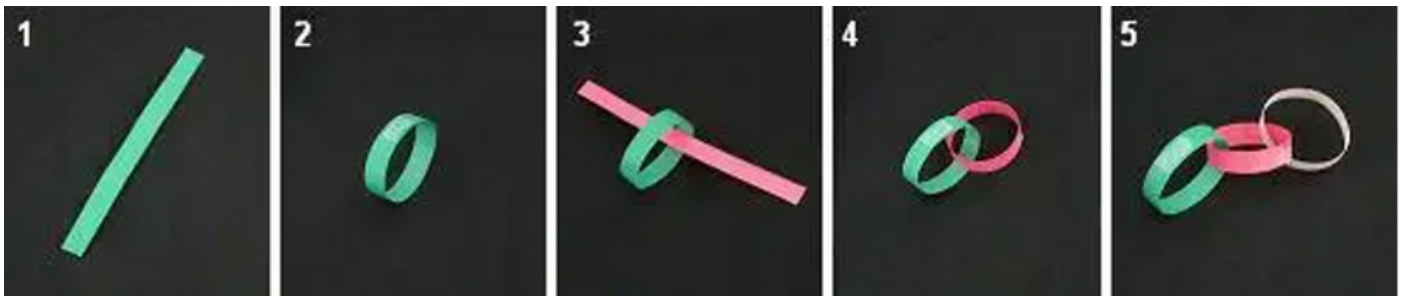


I am confident

You can do it

I am strong

You are amazing

Today is a good day

I am brave