We all know moms rock! Take a moment to show mom how much you love her with these 2 special activities, **INSPIRING GRATITUDE, COMMUNICATION & KINDNESS**.
This is something for the whole family!

**ACTIVITY #1 - LOVE NOTES FOR MOM**

**WHAT YOU’LL DO**

**CUT OUT AND DECORATE BEAUTIFUL HEART-SHAPED LOVE NOTES FOR MOM**

**STEP 1:** Print out hearts - decide if you want to use blank hearts so you can color them yourself or use our colored hearts that are ready to go! Or use a combination of both.

**STEP 2:** Cut out hearts, add a couple words or short sentences to each one that express how you feel about your mom. Here are some ideas:

- You are amazing - You are special - You are kind - You are beautiful - You make me smile
- I love you - Today is your day - Love - Beauty - Grace - Strength - Etc..

**STEP 3:** Take your finished hearts and tape them around the house, add them to an envelope or jar labeled for mom.

Optional: Use the attached labels for your collage, on your jar or anywhere you choose for your hearts.

**ACTIVITY #2 - A LOVE LETTER FOR MOM**

**WHAT YOU’LL DO**

**USE THE ATTACHED TEMPLATE TO HELP YOU WRITE A SHORT LETTER ABOUT YOUR MOM.**

*If your mom happens to be away during this time, you can make your collage or write your letter and take a picture to send to her!*
ACTIVITY #1 - LOVE NOTES FOR MOM
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LOVE FOR MOM

MY MOM

LOVE FOR MOM

MY MOM
DEAR MOM,

I LOVE YOU SO MUCH! I LOVE YOU BECAUSE...

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

I’M SO GRATEFUL FOR YOU. THANK YOU FOR...

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

YOU’RE THE BEST MOM IN THE WORLD. THANKS FOR BEING MY MOM!

Love,

iapw.org      #everydaykindness      #iapweveryday