

Name _____

I Love Me!

Directions:

Just like a plant needs sunshine and water to grow, we need kind words and love to help us blossom! When we say nice things to ourselves, like “I am strong” or “I am smart,” it helps us feel happy. Self-love is like giving yourself the sunshine you need to be your best self!

Write something you love about yourself under each plant below. Color your self-love plant collection when you're done!












