

School
Days

KNOW
ME
NOTES



TM

Post encouraging notes

that tap into all the happenings
kids experience at school.



KNOW ME NOTES™



Let's be real—the older kids get, the tougher it can be to find time to connect. Life gets busy for everyone. But in the middle of all the “Did you do your homework?” and “Please put your clothes away,” your kids are quietly hoping for, and need, connection.

That's where Know-Me-Notes™ come in! These thoughtful touch points help you slow down, share stories, induce smiles, and whisper these truths to your child:

- *I see you.*
- *Jesus sees you.*
- *You are deeply loved.*

No lectures. No pressure. Just delightfully doable ways to remind your kids—and maybe even yourself—that being known is one of the best gifts you can give.



to the back cover
for a quick How-To.

The *best* teacher I had when I was growing up was

in ----- grade because...

Who's been your favorite teacher so far? Why?



I've circled some feelings that I had about school when I was a kid:

Excited

Scared

Peaceful

Nervous

Happy

Bored

Courageous

Sad

Interested

Popular

Worried

Frustrated

Lonely

Determined

Confused

Use a different color pen to circle the feelings you have about school, or add your own.

Write a note to Jesus below about the one you feel the most.

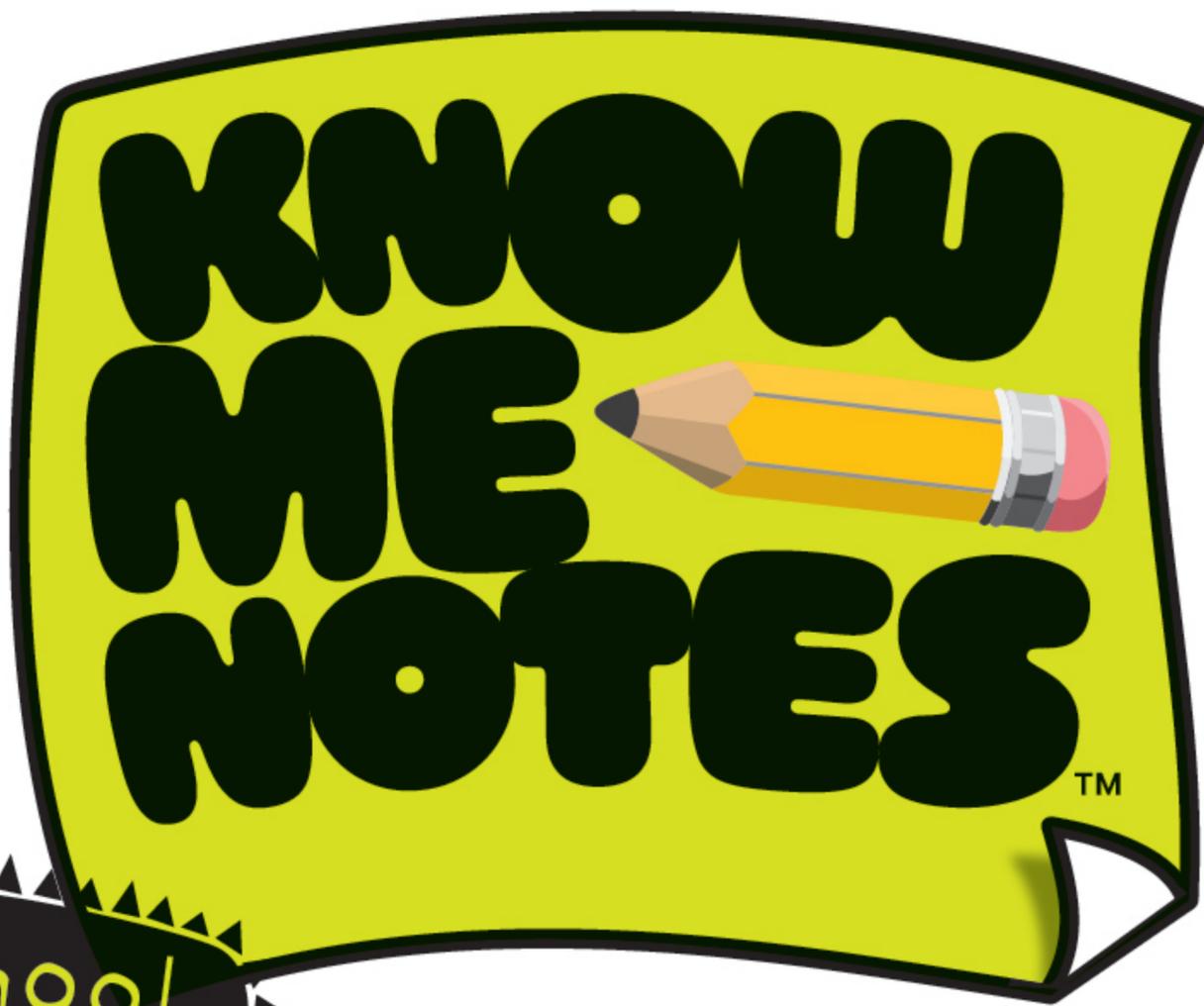


When I was your age, I did *not* like doing this at school:

Looking back, this is how God helped me through it:

What's something God's helping you with this week?





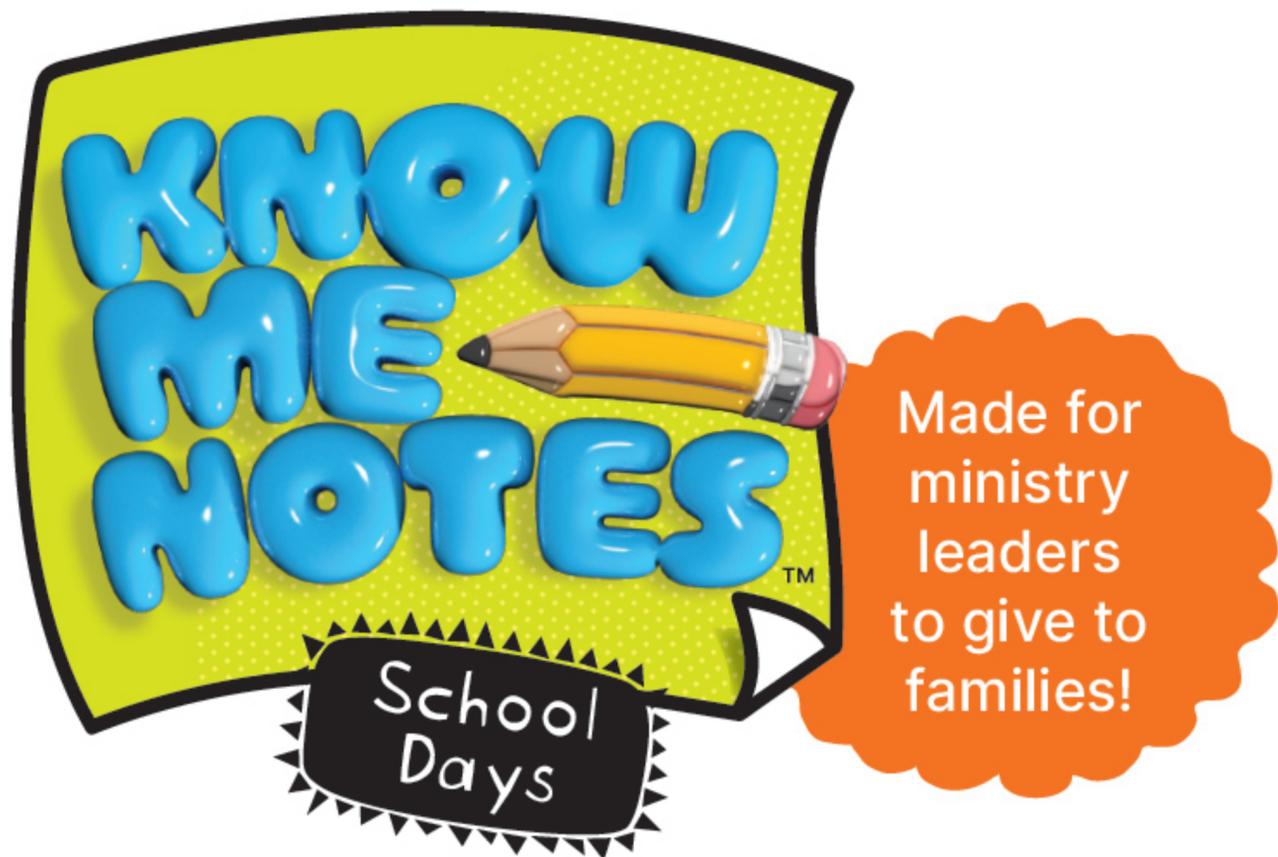
How-To

Each Know-Me-Note has prompts for you to answer. It'll take just a moment or two! There's even space for your child to write back.

Fill in the blanks on a note, then post it on a mirror or another place your kid looks every day. Tell your child what you're doing, and invite responses if and when they're up for it. Then post any new note whenever you'd like.

Collect and save the completed notes by sticking them to paper and putting them in a file or keepsake book. Or snap a photo for digital posterity! Look back on your conversations with your child and all you've discovered together about each other and Jesus.





Thoughtful little notepads created to spark connection between kids and grown-ups at home!

As kids ages 9-14 mature, they can struggle with feeling like there's no one who truly knows them, especially their grown-ups*! Now you can equip these caring adults to easily connect with and help kids feel seen with **Know-Me-Notes™**!

Doable for busy families, these simple sticky note prompts show kids "I see you. Jesus sees you. And you're deeply loved." A powerful message for kids from the hearts of those who know them best!

**grown-up: parent, grandparent, legal guardian, aunt, uncle...anyone who wants to encourage a kid they care about!*

Also a great resource for teachers, counselors, and everyone who works with families.

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www.group.com

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