

Ups &
Downs

KNOW
ME
NOTES



TM

Cheer kids on

whether they're down or feeling joyful—
show them you and God have their back!



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.

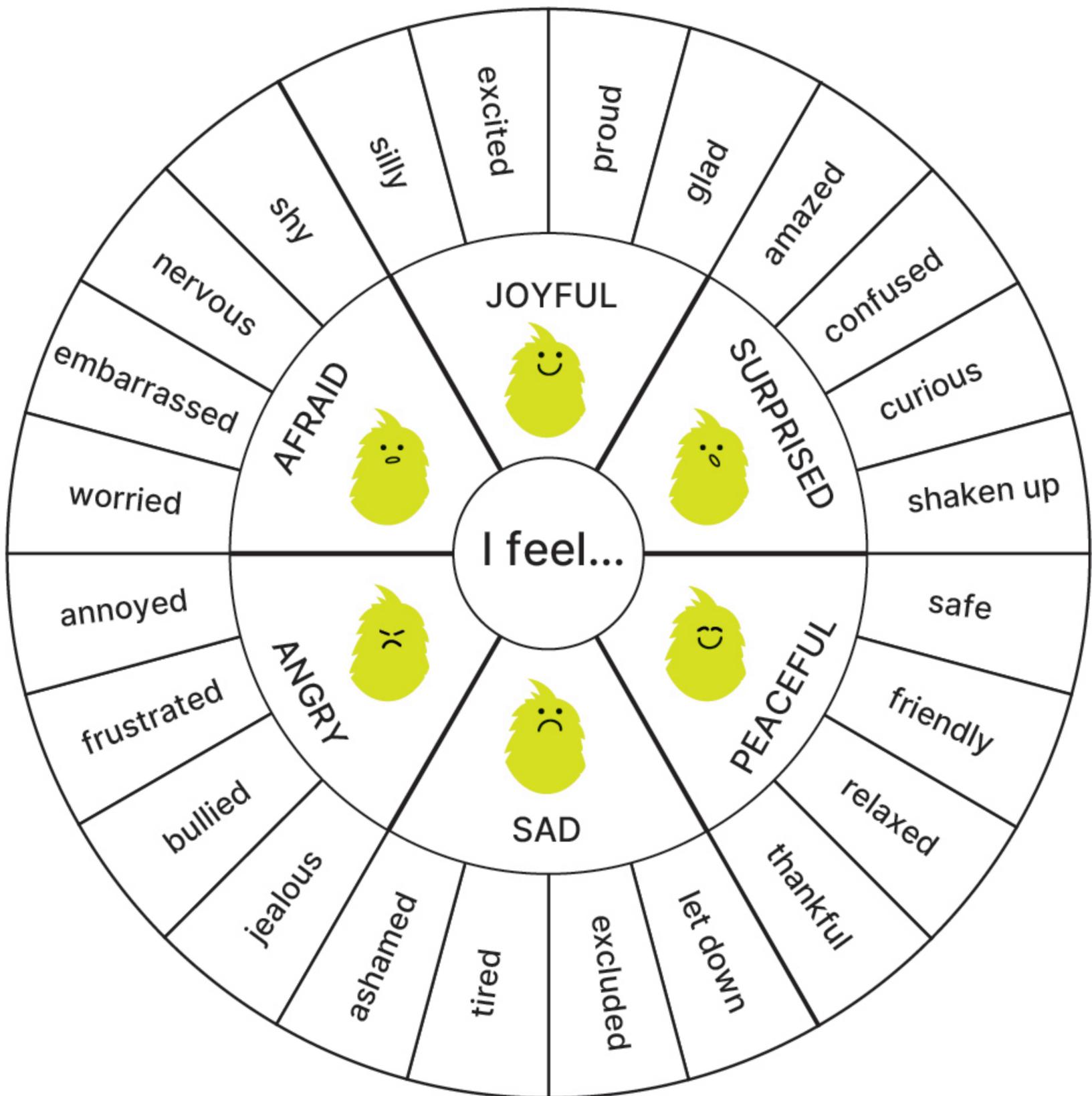
That's where Know-Me-Notes™ come in! These thoughtful touch points help you slow down, share stories, induce smiles, and whisper these truths to your child:

- *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.



I've colored in some feelings I feel today. I chose them because...

Color in your choices, and tell me what's making you feel those things.

I'm glad when you say encouraging things about yourself because you are...

Sometimes what we tell ourselves can be unkind. I can struggle with that when...

What are some *kind* things you could tell yourself today? Think about what your friend Jesus might say to you.



**“God is our refuge and strength, always
ready to help in times of trouble.”**

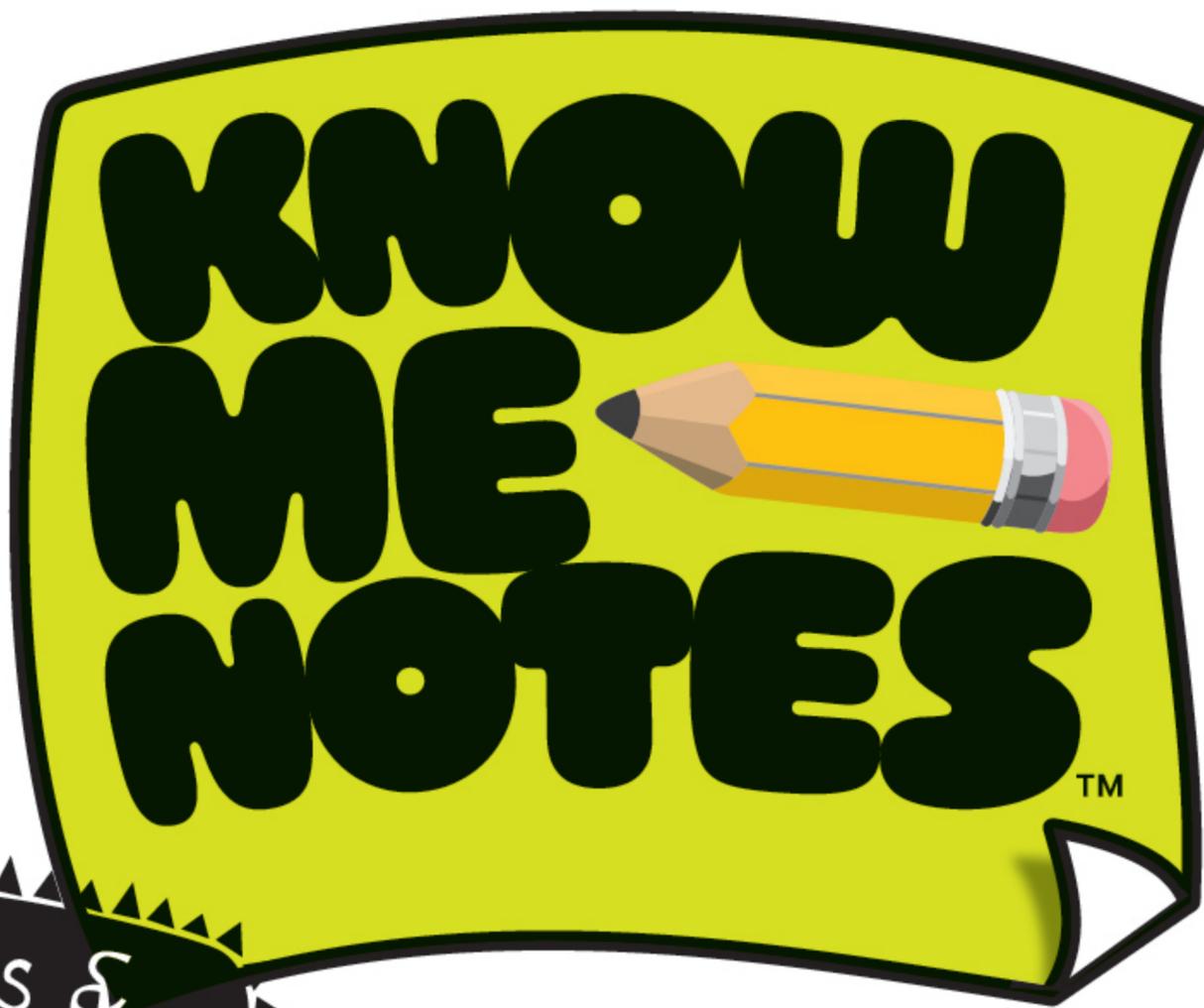
Psalm 46:1

Life gets busy and wild, but something
that helps me feel calm and safe is...

Knowing that God is our refuge—a safe
place—can help too because...

Where’s your favorite place that feels
safe? Maybe it’s with a person.





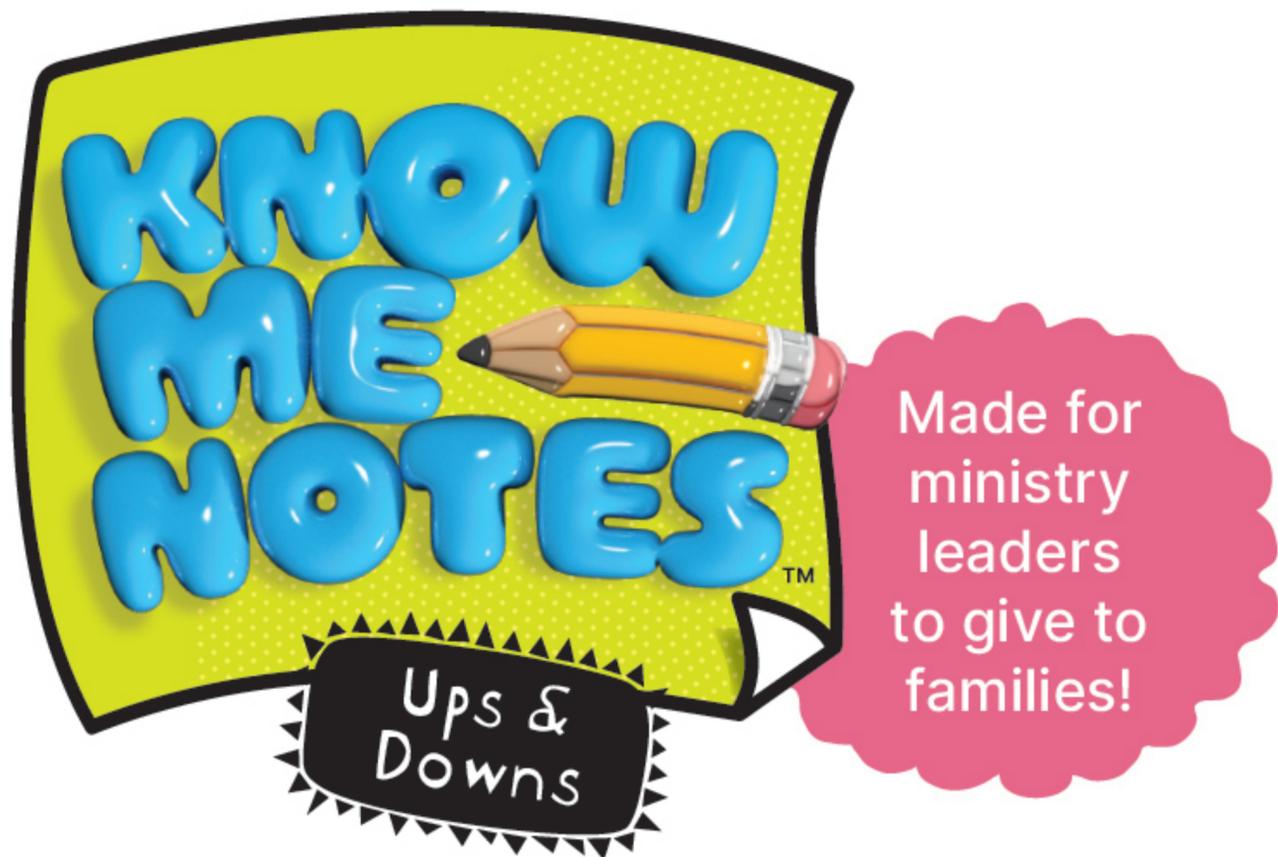
How-To

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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