

Send a Little Love with Lunch!

Positive reminders inspired by *Being Middle* to help every child feel seen, special, and loved. Just print, cut, and tuck one into your child's lunchbox!

You make every
day better just by
being you.



You are perfectly you —
and that's your superpower!

The world shines
brighter with
you in it.



You make your
family complete.

