

BELIEVE THE BEST VEST

The Generous Words God says about us in His Word are the best reminders for days when our thoughts about ourselves aren't great. Make a Believe the Best Vest with your kids. Have them put on their vest when a tricky moment or situation comes along that might cause negative thoughts to creep in. They can wear it when they need some extra encouragement or a reminder about the masterpiece they are!

DIRECTIONS FOR PAPER VEST

1. Cut straight up the middle of one of the sides of the bag.
2. Next cut an opening for the head at the bottom of the bag.
3. Cut arm holes on each side of the bag.
4. Have kids complete the sentence *I am...with God's truth!* (ie. *I am loved, I am known, I am a masterpiece.*)
5. Decorate the bags and have your kids wear them with pride.

If paper bag vests aren't in your wheelhouse, get out some fun paper and markers and post the Generous Words up in their bedroom! Parents, this is a great activity for you as well!

