



# L.B.

Discovering The Inner Light

## Activities

### The Butterfly's Message





# The Butterfly's Message

## Objective

Encourage empathy and kindness.

## Materials

- Paper, or a print out of a butterfly
- crayons, markers.

## Instructions

- Have children draw a butterfly or use the printout.
- Prompt: Think about one of your friends or family members facing a challenge or challenging emotions.
- On the butterfly's wings, write a positive message you'd say to that person to remind them of their inner Light.
- Display the butterflies as a classroom mural or let children take them home.

## Take Away Question

What positive message did you write on your butterfly, and how do you think it will make your friend feel?

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