Encouragement Cards

1. Ask an adult to cut out the encouragement cards.
2. On the blank card, draw yourself and add positive words of encouragement.
3. Place all the cards in an empty jar.
4. Read a card every morning or whenever you need a boost!
5. Go to pbskidsforparents.org to learn how to create an encouragement jar.

Take every chance you get to help others.
Eleanor Roosevelt

New adventures are exciting.
Alexander Hamilton

Learning can take you anywhere.
Frederick Douglass

Solve problems in a positive way.
Marie Owens

Ask for things the right way.
Cleopatra

Tell people when there’s a problem so you can solve it together.
Golda Meir

Find more games and activities at pbskids.org/xavier
Encouragement Cards

If you want to get better at something, you have to work hard and practice.

Johann Sebastian Bach

Speak up for yourself.

Winston Churchill

It’s important to help others as best you can.

Florence Nightingale

A good leader takes care of his or her team.

George Washington

Follow your dreams, no matter what.

Marie Curie

Your imagination makes everything more fun.

Charles Dickens

Slow down and think through problems.

Issac Newton

You can do a lot with what you’ve got.

Abigail Adams

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Based on Brad Meltzer and Christopher Eliopoulos’ best-selling kids book series
Encouragement Cards

When you love doing something, keep trying.
Anna Pavlova

Think big.
Nikola Tesla

When you really want to do something, be bold.
Nellie Bly

Courage is bravely moving forward even when you’re scared.
Harriet Tubman

Treat others how you would like to be treated.
Confucius

Draw your own here!

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