

COMPLIMENTS TO GO!!!



YOU CAN :

1. Get supplies: Paper, Flash cards, Sticky notes, a writing surface, pens or colourful markers, emoji stickers (optional) {All found in the local super markets at reasonable costs}
2. Write an encouraging note on your choice of writing material: 'You are an amazing friend' 'Thank you for everything you have done and been to me' 'You are going to make it' etc.
3. Give it to someone: Family member, Friend, Colleague, Boss, Teacher, Watchman, House help etc. 4. Encourage them to make such a note and pass it on to someone else.

You are VALUED :)