



 50 Lunch Box Notes for School-Age Kids

 Encouraging & Heartfelt

1. You've got this—and I've got your back.
2. Mistakes mean you're learning. Keep going!
3. You are brave, kind, and totally awesome.
4. I'm proud of you every single day.
5. You don't have to be perfect—just curious.
6. You're growing stronger and smarter by the minute.
7. You are loved more than all the snacks in the world.
8. Shine your light today—it's one of a kind.
9. You're doing hard things, and that's amazing.
10. I believe in you—even when you forget your pencil.

 Silly & Playful

11. If you were a sandwich, you'd be the fancy kind.
12. Today's mission: make someone laugh so hard they snort.
13. Warning: This lunch may contain magical powers.
14. You're cooler than a popsicle in a snowstorm.
15. If you burp the alphabet, I won't tell.
16. Your brain is full of glitter and genius.
17. Eat this snack and unlock level 7 awesomeness.
18. You're the reason dinosaurs smile in their sleep.
19. If you find a unicorn, share your cookie.
20. You're the CEO of Sillyville today—make it count.

 Motivational & Growth-Oriented

21. Every question you ask makes you smarter.
22. You're allowed to try, fail, and try again.
23. Keep your head up and your heart open.
24. Learning is like a puzzle—every piece matters.
25. You're building your future one brave step at a time.

26. Be curious. Be kind. Be you.
27. You're not behind—you're on your own path.
28. Confidence looks good on you.
29. You're a problem solver in disguise.
30. Your effort is more important than the grade.



#### Friendship & Social Notes

31. Sit with someone new today—you might meet a legend.
32. Kindness is contagious. Start an outbreak.
33. You're a great friend—even when you steal fries.
34. Compliment someone's socks. Trust me.
35. You make people feel seen—and that's a superpower.
36. Share your smile—it's your best accessory.
37. You're the kind of friend people remember forever.
38. Be the reason someone feels welcome today.
39. You're not just cool—you're kindness-cool.
40. You're the MVP of recess diplomacy.



#### Just Because & Random Joy

41. I packed extra love in your lunch today.
42. You're my favorite human under 5 feet tall.
43. If you need a hug, imagine me doing a silly dance.
44. You're the best part of my day—every day.
45. I love you more than coffee (and that's saying something).
46. You're a walking masterpiece.
47. You make the world brighter just by being in it.
48. You're the reason glitter exists.
49. I'm cheering for you from wherever I am.
50. You're my hero—and you didn't even need a cape.

Visit [www.Bumpstobigs.com](http://www.Bumpstobigs.com) for more information