

40 Ideas for Lunch Box Surprises

(Guaranteed to Put a Smile on Your Child's Face!)

- Make paper fortune cookies with special "fortunes" for your child.
- Draw thumbprint animals to go with a sweet note.
- Jot down a shared favorite song lyric to make her want to hum.
- Stick frilly toothpicks in their sandwich or use them to make miniature fruit or cheese cube kabobs.
- Send a note on an origami heart.
- Include a lunchtime survey: learn about their day.
- Use a cookie cutter to cut their sandwich into fun shapes.
- Equip your kid with a "Cootie Catcher." Fill it with fun messages for your child and friends.
- Sneak in a special photo and a written memory like, "Remember the fun time we had at the ice cream parlor last week?"
- Did somebody say Finger Puppets?
- Choose a month and send a creative compliment a day for your child: "You're kind," "You are great at sharing," "You're a good brother," etc.
- Order personalized pencils with your kid's name, nickname, encouraging words, or a fun family "inside joke." Tie them up with string and tuck them inside for a fun mid-day surprise.
- Paint "You Rock!" on a small rock.
- Send paper straws, fun and eco-friendly.
- Wrap Silly Bandz around the thermos with a note: "Have a good day, silly."
- Toss in some fun stickers! Kids love stickers.
- Place a paper doily in with lunch. Eating PB&J off a lace doily feels decadent somehow.
- Print out a photo of your dog or cat doing something funny.
- Doodle daily lunch box napkin notes like this artistic mom did for years.
- Slip in a fun photo of the holidays or summertime with a countdown: "Only XX days until [Christmas, Hanukkah, Spring Break, summer, etc]."



- Stick Post-Its that say "Eat Me" on the outside of each lunch item. Particularly the veggies.
- Send along a funny joke that your child can share with friends. My favorite joke of all time is still: Q: Why did the chicken cross the playground? A: To get to the other slide. Hahaha!
- My great grandmother used to paint my mom's name on little seashells. She still talks about those seashells.
- Educate your child at lunch with some cool trivia. Choose something in line with her interests or studies to make it a hit.
- Gift wrap all your child's lunch items. Unwrapping is always fun!
- Brighten her lunch break with a fabric flower she can keep or share.
- My son would jump with glee if I gave him a new Baseball or Character card in his lunch every day for a week.
- Just add paper dolls (get template online by Googling, "paper doll template").
- Make and give them a small custom notebook. Fill it with questions or writing prompts or leave it blank for them to fill.
- Induce instant happy with heart-shaped brownies.
- Encourage your kids to put notes in their sibling's lunch boxes. Awww.
- Attach a note to a cotton ball: "Being your mom puts me on Cloud 9."
- Throw in paper heart notes daily. With messages from mom and dad.
- At your next family gathering, have your family members write a special note you can include later in the month.
- Tickle their funny bones with printable lunch box riddles.
- Write your child a special lunch haiku.
- Wrap a napkin around utensils with a new hair accessory or sport wristband.
- Pull out that cell phone baby toy and record a little message for your big kid on it.
- Cut out your child's favorite comic strip and tape it inside his lunch box.
- Send a small clue in an envelope for your kids to guess what's planned for after school or over the weekend: cut-out letters of her best friend's name if she has a playdate, a popcorn kernel if you're off to see a new movie, some sand if you're going to the beach, a birthday candle if there's a big party, etc.

These suggestions will be sure to brighten up their day! Have fun and make your children feel special! Happy kids are healthy kids! ❤️

List taken in part from http://thestir.cafemom.com/being_a_mom/107980/51_ideas_for_smileinducing_lunch

Juice
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