# Lunchbox Joke & Encouragement Cards

120 printable cards for parents • Ages 5–8 and 9–12

**SAMPLE — First 40 cards (20 jokes + 20 encouragement)**

## What this is

A print-at-home pack of small, lunchbox-size cards. Tuck one in each day: a clean, kid-safe joke to make them grin, or a short encouragement note to remind them they are loved and capable. No screens, no prep, 10 seconds in the morning.

## What's in the full pack (120 cards)

- 60 clean jokes — 30 for ages 5–8, 30 for ages 9–12
- 60 encouragement notes — 30 for ages 5–8, 30 for ages 9–12
- Plus blank write-your-own templates in the same design

## How to print

1. Print on US Letter cardstock (recommended) or regular paper, at 100% scale.
2. Cut along the dashed lines. Each card is 3.625" x 2.375" — fits any lunchbox.
3. Sort by the age band printed on each card. Keep the stack in a kitchen drawer.
4. One card per school day covers about 24 weeks — a full school semester and more.

## This sample

Pages 2–6 contain the first 40 fully written cards (8 per page). Page 7 has 4 blank write-your-own templates so you can try the format today.

## A note for parents

Jokes are clean and school-safe. Encouragement notes are warm and secular, focused on effort, kindness, courage, and being loved at home — suitable for any family.

:) JOKE AGES 5-8

**Why did the banana go to the doctor?**

Because it wasn't peeling well!

Lunchbox Cards • Tuck it in, make their day #1

:) JOKE AGES 5-8

**What do you call a bear with no teeth?**

A gummy bear!

Lunchbox Cards • Tuck it in, make their day #2

:) JOKE AGES 5-8

**Why did the cookie go to the doctor?**

Because it was feeling crumby!

Lunchbox Cards • Tuck it in, make their day #3

:) JOKE AGES 5-8

**What do cows do on Friday night?**

They go to the moo-vies!

Lunchbox Cards • Tuck it in, make their day #4

:) JOKE AGES 5-8

**Why did the teddy bear say no to dessert?**

Because she was already stuffed!

Lunchbox Cards • Tuck it in, make their day #5

:) JOKE AGES 5-8

**What do you call a sleeping bull?**

A bulldozer!

Lunchbox Cards • Tuck it in, make their day #6

:) JOKE AGES 5-8

**Why did the student eat his homework?**

Because the teacher said it was a piece of cake!

Lunchbox Cards • Tuck it in, make their day #7

:) JOKE AGES 5-8

**What has ears but cannot hear?**

Corn!

Lunchbox Cards • Tuck it in, make their day #8

:) JOKE AGES 5-8

**Why did the bicycle fall over?**

Because it was two-tired!

Lunchbox Cards • Tuck it in, make their day #9

:) JOKE AGES 5-8

**What do you call cheese that isn't yours?**

Nacho cheese!

Lunchbox Cards • Tuck it in, make their day #10

:) JOKE AGES 9-12

**Why did the math book look so sad?**

Because it had too many problems!

Lunchbox Cards • Tuck it in, make their day #11

:) JOKE AGES 9-12

**What do you call a fish without eyes?**

A fsh!

Lunchbox Cards • Tuck it in, make their day #12

:) JOKE AGES 9-12

**Why don't scientists trust atoms?**

Because they make up everything!

Lunchbox Cards • Tuck it in, make their day #13

:) JOKE AGES 9-12

**What did the ocean say to the beach?**

Nothing — it just waved!

Lunchbox Cards • Tuck it in, make their day #14

:) JOKE AGES 9-12

**Why did the scarecrow win an award?**

Because he was outstanding in his field!

Lunchbox Cards • Tuck it in, make their day #15

:) JOKE AGES 9-12

**What do you call a can opener that doesn't work?**

A can't opener!

Lunchbox Cards • Tuck it in, make their day #16

:) JOKE AGES 9-12

**Why did the computer go to the doctor?**

Because it had a virus!

Lunchbox Cards • Tuck it in, make their day #17

:) JOKE AGES 9-12

**What did one wall say to the other wall?**

"I'll meet you at the corner!"

Lunchbox Cards • Tuck it in, make their day #18

:) JOKE AGES 9-12

**Why did the golfer bring two pairs of pants?**

In case he got a hole in one!

Lunchbox Cards • Tuck it in, make their day #19

:) JOKE AGES 9-12

**What do you call a boomerang that won't come back?**

A stick!

Lunchbox Cards • Tuck it in, make their day #20

* ENCOURAGEMENT AGES 5-8

You are braver than you know, and today is a great day to show it!

Lunchbox Cards • Tuck it in, make their day #21

* ENCOURAGEMENT AGES 5-8

I am so proud of how hard you try. Keep going, superstar!

Lunchbox Cards • Tuck it in, make their day #22

* ENCOURAGEMENT AGES 5-8

Your smile makes the whole classroom brighter!

Lunchbox Cards • Tuck it in, make their day #23

* ENCOURAGEMENT AGES 5-8

Mistakes help your brain grow. You are learning something new today!

Lunchbox Cards • Tuck it in, make their day #24

*** ENCOURAGEMENT** **AGES 5-8**

You are kind, you are smart, and you are loved exactly as you are.

Lunchbox Cards • Tuck it in, make their day #25

*** ENCOURAGEMENT** **AGES 5-8**

Be a good friend today — you are really good at that!

Lunchbox Cards • Tuck it in, make their day #26

*** ENCOURAGEMENT** **AGES 5-8**

You can do hard things. Take it one small step at a time.

Lunchbox Cards • Tuck it in, make their day #27

*** ENCOURAGEMENT** **AGES 5-8**

I believe in you, today and every day. Love you bunches!

Lunchbox Cards • Tuck it in, make their day #28

*** ENCOURAGEMENT** **AGES 5-8**

Your ideas matter. Don't be afraid to raise your hand!

Lunchbox Cards • Tuck it in, make their day #29

*** ENCOURAGEMENT** **AGES 5-8**

You make our family so happy just by being you!

Lunchbox Cards • Tuck it in, make their day #30

*** ENCOURAGEMENT** **AGES 9-12**

Tough day or great day, you've got what it takes to handle it.

Lunchbox Cards • Tuck it in, make their day #31

*** ENCOURAGEMENT** **AGES 9-12**

Your effort matters more than being perfect. Keep showing up.

Lunchbox Cards • Tuck it in, make their day #32

*** ENCOURAGEMENT** **AGES 9-12**

Be the reason someone feels included today.

Lunchbox Cards • Tuck it in, make their day #33

*** ENCOURAGEMENT** **AGES 9-12**

You don't have to have it all figured out. Just take the next step.

Lunchbox Cards • Tuck it in, make their day #34

*** ENCOURAGEMENT** **AGES 9-12**

Real strength is asking for help when you need it. That's courage.

Lunchbox Cards • Tuck it in, make their day #35

*** ENCOURAGEMENT** **AGES 9-12**

Your voice and your ideas can change things. Use them well.

Lunchbox Cards • Tuck it in, make their day #36

*** ENCOURAGEMENT** **AGES 9-12**

One test, one game, or one day doesn't define you. You are so much more.

Lunchbox Cards • Tuck it in, make their day #37

*** ENCOURAGEMENT** **AGES 9-12**

Stay curious. The best learners are the ones who keep asking why.

Lunchbox Cards • Tuck it in, make their day #38

*** ENCOURAGEMENT** **AGES 9-12**

I'm proud of who you're becoming, not just what you achieve.

Lunchbox Cards • Tuck it in, make their day #39

*** ENCOURAGEMENT** **AGES 9-12**

Remember: you are loved at home, no matter how today goes.

Lunchbox Cards • Tuck it in, make their day #40

# Bonus: Write-Your-Own Templates (x4)

**WRITE YOUR OWN** ✎

Lunchbox Cards • Blank template B1

**WRITE YOUR OWN** ✎

Lunchbox Cards • Blank template B2

**WRITE YOUR OWN** ✎

Lunchbox Cards • Blank template B3

**WRITE YOUR OWN** ✎

Lunchbox Cards • Blank template B4