

Tymso Printables Pack

Mini Cards for Teens

"You are allowed to take things one moment at a time."	"You do not have to be okay to be worthy."
"You matter more than you realise."	"I see the effort you do not talk about."
"Hard days do not erase your progress."	"Small steps still move you forward."
"You are growing even when it feels slow."	"Your feelings deserve space."
"Rest is not failure."	"You are not behind. You are becoming."

Mini Cards for Parents

"Listen first. Solve later."	"One gentle question is enough today."
"Calm presence is powerful."	"Your teen feels more than they show."
"Connection grows in quiet moments."	"You are doing better than you think."
"Soft tones lower stress."	"You do not need perfect words."
"Curiosity beats pressure."	"Small check ins add up."

