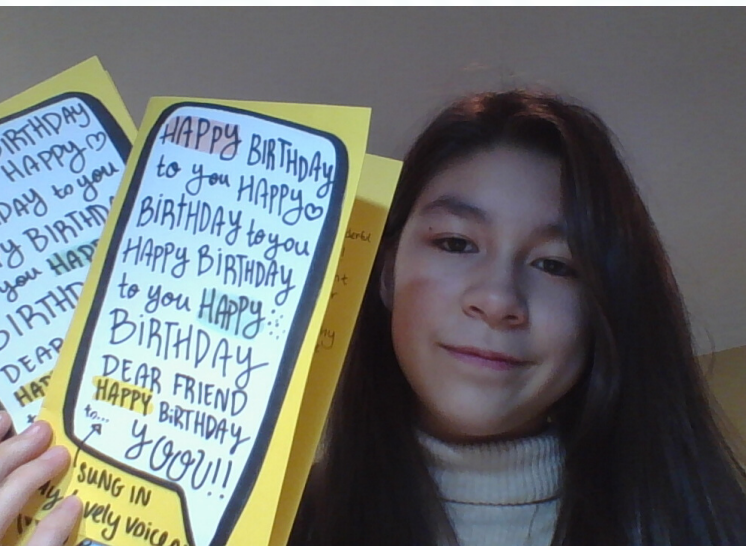




kindness cards



WHY WRITE CARDS + LETTERS?

Writing letters and cheery cards to someone you've never met may sound strange. But consider how you feel when you receive a note from a friend or relative – you feel happy! Our Kindness Cards are designed to do just that– bring joy and happiness to the recipient. Often times elders in assisted living centers or patients in hospitals do not receive mail. They can begin to feel isolated or lonely. Sometimes lonely feelings can lead to depression and other illnesses. To counter those sad feelings, we encourage you to get creative and help brighten someone's day by making cards. **BONUS:** make a few extra cards to leave for your mail carrier, to leave on someone's car at the grocery store or for a friend who needs a smile.

MATERIALS

- Construction paper
- Blank cards + envelopes
- Markers + decorating supplies: stickers, stencils, tape, ribbon, jewels, glue sticks, stamps + stamp pads
- Postage stamps

CONVERSATIONS STARTERS

- Why might it feel good to receive a handmade card?
- Why is it important to send cards to people who are sick, isolated or lonely?
- What type of card cheers you up?

START A RIPPLE OF GIVING

- Set up a card-making “station” at home – with paper, envelopes and decorating supplies. When anyone in the family has some down time and wants to spread some cheer, everything will be ready to go.
- Expand your card-making efforts to friends who are going through a tough time. Or use your handmade cards to express gratitude to a neighbor, family member or community member who has made a positive difference in your family's life.

DIRECTIONS

1. Gather your supplies and materials. You'll need:
 - a. Construction paper or nice stationary
 - b. Coloring utensils: colored pencils, colored pens, crayons, markers
 - c. Decorating supplies: construction paper, glue, paint, stickers, stamps, magazine cutouts, etc...
2. Vary tasks depending on the age of the children participating. Younger children can have fun decorating cards and older kids can help write words of encouragement.
3. Use positive messages and sayings such as "Have a Great Day", "Thinking about You", "Happy Birthday to Someone Special", get creative but stay away from "Get Well", "Stay Safe" or things like that.
4. Explain to your group who they are decorating cards for and why what they're doing matters.
5. Place completed cards in an area where any glue can dry.
6. Collect the completed cards and place them in a sturdy envelope.
7. Deliver or mail the cards to the organization of your choice.

NEXT STEPS

Drop off or mail cards to assisted living centers, hospitals, public safety organizations. Some ideas in the greater Atlanta area:

- A.G. Rhodes
- Elmcroft Senior Living
- William Breman Jewish Home
- VAMC
- Northside Hospital
- Grady Hospital
- Your local police department
- more ideas listed on our website

REFLECTION

Have your family come together after you have made cards. Challenge each family member to come up with 5 words that describe the day's experience in response to the questions below.

- Why was it important to do this project?
- How did you help?
- What was it like to work together as a family for this project?
- What was the funniest part of the experience?
- What volunteer activity would you like to do next?

