

CARDS OF KINDNESS

1. Talk with children about who they want to send their card(s) to and why.

EXAMPLE:

- My teacher, because he/she helps me to understand things
- Grandma or Grandpa because I miss them
- My little brother because I love him
- My best friend, because I had so much fun at her house last weekend
- My karate coach because I always have so much fun at karate class
- My cousin just to say "hi"

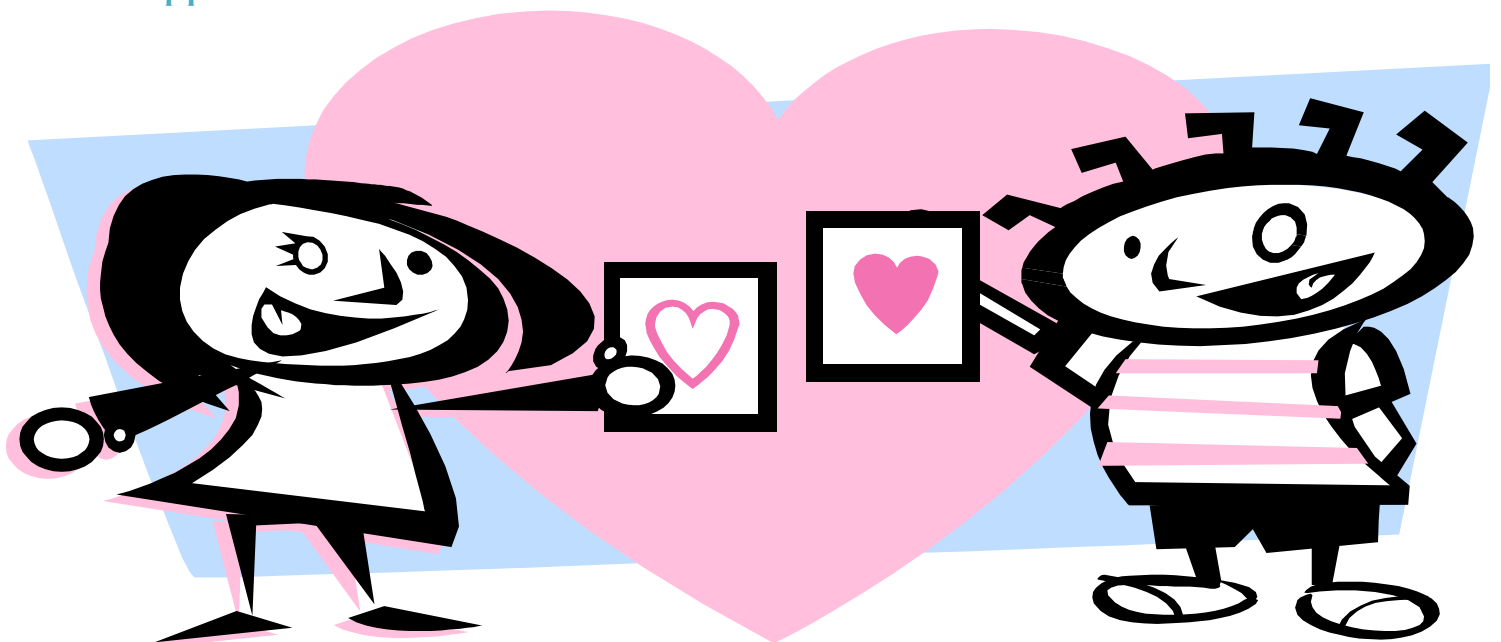
2. Use construction paper or cardstock and fold either in half or quarters to make the template for your creation

3. Use various craft supplies, such as stickers, markers, cut outs from magazines, glitter, etc. and decorate the card.

4. Print and cut out the quotes on the next page and glue somewhere on the card

5. Use a white piece of paper to write a short note to the recipient, telling them why they are appreciated. Let the card dry and mail it off!!!

6. Follow-up: Once you have mailed off your kindness cards, talk to your child(ren) about how they felt making and sending their cards. Discuss the importance of showing appreciation for others, and other ways to show appreciation and kindness towards others.



Real generosity is doing something nice for someone who will never find out. --Frank A. Clark

The kindest word in all the world is the unkind word, unsaid. --Author Unknown

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. --Leo Buscaglia

Kind words can be short and easy to speak, but their echoes are truly endless. --Mother Teresa

If someone is too tired to give you a smile, leave one of your own, because no one needs a smile as much as those who have none to give. --Rabbi Samson Raphael Hirsch

Don't wait for people to be friendly, show them how. --Author Unknown

Wherever there is a human being, there is an opportunity for a kindness. – Seneca

Kindness, like a boomerang, always returns. --Author Unknown

What seem to be small gestures of thoughtfulness and kindness can mean lot - a whole lot. --Mary Allyn, age 17

A kind word is like a Spring day. --Russian Proverb