



# CARDS OF KINDNESS

Write notes of kindness and encouragement to seniors in our community. COVID-19 has left our older friends feeling isolated and lonely. Cheer them up with greeting cards to show that someone cares.

## THE PROJECT

- Find cardstock, notecard, or quarter sheet of colored paper.
- Write a note of encouragement, positive quotes, cheerful saying - Have a great day!, Enjoy your meal, Thinking of you, etc. Repeat as many times as you would like.
- Sign card with your first name.

## REFLECTION

- How do you feel when you get a personal card or note?
- How did making this card impact your life? How will it impact the individual who receives it?

## TAKE ACTION

Create fun, bright cards for those in our community who may be feeling isolated and lonely.

Visit [www.unitedwayhelps.org](http://www.unitedwayhelps.org) to view a searchable database listing current volunteer opportunities in your community.