

# CARDS OF KINDNESS

## CHILDREN & YOUTH

Make a difference today in the lives of young people. In a recent Youth Voice survey, 16% of youth strongly agree that they matter to the people in their town or community. By reaching out to them with a personal card and words of encouragement, you can brighten their day and in a small way help them feel connected and supported in their community. Personal gestures like this can inspire confidence, pride, and support school success. These cards will be distributed to United Way partners including food shelves, schools, out-of-school time programs, and other organizations serving vulnerable youth.

### SUPPLIES:

- Paper or cardstock
- Ribbon/feathers/jewels
- Glue or double-sided tape
- Stamps & inkpads
- Markers
- Pens
- Scissors
- Envelopes

### INSTRUCTIONS

1. Gather your supplies.
2. Take the cardstock or paper and fold it to create a card.
3. Write a note of encouragement, hope or thanks, and sign your first name.
4. Decorate the card however you want and enclose in a blank envelope.
5. Repeat as many times as you'd like.
6. Take a picture of you, your team, and your finished project and send to United Way at [info@unitedwayof1000lakes.org](mailto:info@unitedwayof1000lakes.org) to share and inspire your community!

### REFLECTION

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