

POSTCARDS OF KINDNESS

Write and send a postcard of kindness to a care home resident who may be feeling lonely. Your thoughtfulness will brighten their day!

Equipment needed

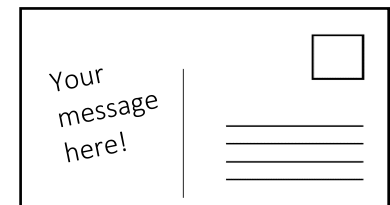
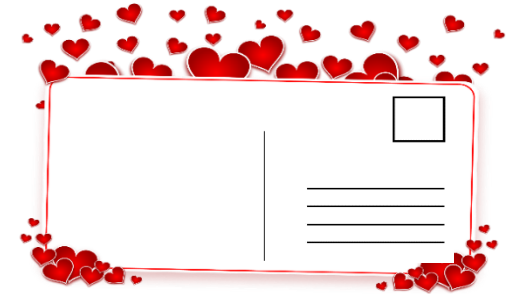
- Card/paper
- Pen
- Optional – colour pencils and craft materials, to decorate

Method

1. Postcards have a design on the front and then a message on the back. It's up to you which you do first. But if you're planning on sticking lots of things to the front, you might find it easier to write your message first.
2. Message (on the back):

This is completely up to you! Your card is a chance to introduce yourself to the care home resident and explain that you are writing to brighten their day. Maybe start by telling them a bit about yourself? You could also explain what you've drawn on the front of the card, and why it's special to you.

If you are sending the postcard via post, make sure you leave space on the right for a stamp and to write the care home address.



3. Design (on the front):

Time to design the front of your card - be as creative as you like! Take a look at our Postcard of Kindness ideas sheet for some inspiration. You might want to plan out your design on a piece of rough paper first.

What craft materials do you have that could make your design more interesting? You could paint, draw, collage or photograph the things you love.



4. Once you are happy with your postcard, it's time to send it to the care home resident! If the care home is close by, you could drop it off by hand. Otherwise, write the care home address, fix a stamp and send the postcard through the post.
5. Encourage your friends to write postcards too!