

SPEED VOLUNTEERING OPPORTUNITY

Make some cards for local veterans, nursing home residents, hospital patients, or troops overseas. Bring them to the organization of your choice.

Supplies, Instructions and Reflection

Supplies

- Paper or cardstock (multiple colors)
- Pens
- Markers
- Scissors
- Ribbon/feathers/jewels
- Glue or double-sided tape
- Stamps and inkpads
- Envelopes

Instructions

1. Decide who you will be writing your card to (veteran, current military serviceman or woman, nursing home resident, hospital patient, etc).
2. Gather the necessary supplies. You can use whatever craft supplies you have around the house, or buy new supplies.
3. Take the cardstock or paper and fold it to create a card.
4. Write a note of encouragement, hope, or thanks (based on the recipient) and sign your first name. - Thank you, birthday, thinking of you, etc.
5. Decorate the card however you want!
6. Repeat as many times as you'd like.

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?

Why Cards of Kindness?

13% of Minnesotans are veterans.

They, along with many other members of our community, often feel isolated, lonely, or unappreciated. By reaching out to them with a personal card and words of encouragement, you are helping them feel connected to our community and brightening their day.

Small gestures like this can make a big difference in the recipient's life, as well as your own.