SPREADING KINDNESS DURING COVID-19
Ideas and Resources You Can Use

**Kindness Card Ideas**
Use Free Giving, Promise, Receiving, and Share it Forward Cards to Spread Kindness

1. Handwrite cards and mail and mail them to friends, neighbors, and relatives
2. Send cards to Senior Care Homes and Hospice facilities
3. Pick a bouquet of flowers and leave them on your neighbor's doorstep with a Giving card.
4. Bake a sweet treat and write a thank you note for mail carriers, garbage truck drivers, fire fighters, and medical workers.
5. Put together a COVID-19 Care Package and attach a Giving Card.
6. Make a Kindness Jar and fill it up with compliments written on Giving Cards. Mail it to a friend or family member who needs uplifting.
7. Use sidewalk chalk to write an encouraging note on a walkway or street. Anchor cards under a stone.
8. Donate books and leave a card in each one as a handy bookmark.
9. Make a Craft Kit for families with children and attach a handwritten card.
10. Share messages of encouragement and kindness. Take a picture of cards and spread online.
11. Post Kindness Cards online with a Kindness Challenge to Keep Kindness in Motion.

READ ON ABOUT IDEAS FOR USING KINDNESS CERTIFICATES!