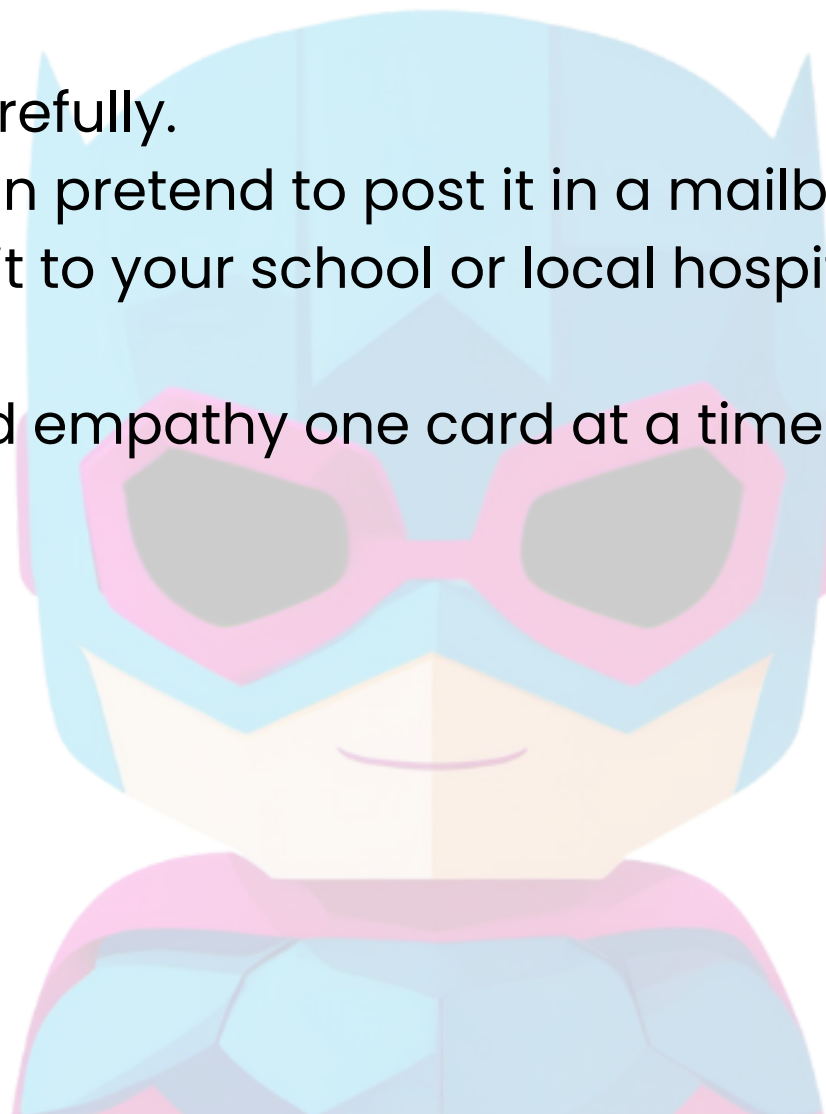


Kindness Postcards

✦ How to Play – Kindness Postcards

1. Print out the postcard sheet on white paper (ask a grown-up to help).
2. Use crayons, pencils, or markers to colour in the front of your card.
3. On the back, write or draw a message of kindness — you could say:
 - “I hope you feel stronger every day!”
 - “Thank you for being a hero!”
 - “You’ve got this!”
4. Cut out your postcard carefully.
5. Send it or share it! You can pretend to post it in a mailbox, give it to a friend or family member, or even deliver it to your school or local hospital display.

🏆 Goal: Spread kindness and empathy one card at a time — because words really can change the world. ❤️



POSTCARD	
<p><i>You Are a Hero!</i></p> 	<p>TO:</p> <p>ADDRESS:</p>
	