

#5: Kindness in the Mail



With email, text, Skype, and FaceTime, it is rare that people receive anything other than flyers and bills in the mail. This is a great craft to encourage children to connect to loved ones who live far away, to send them kind thoughts, and to foster positive good feelings towards others.

What you need: card stock or thick paper or blank postcards; pencils, crayons or markers. Stamps.

What to do:

- Cut thick paper or cardstock into rectangles. The **standard size for postcards** is A6 size, 148 x 105 mm, or 5.8 x 4.1 inches. (However, a 4×6" card is not going to be rejected.)
- Decorate one side of the postcard with a picture or words or collage.
- Draw a line down the middle of the back of the paper, write the address of the recipient on the right side, and add a message on the left side. Messages can be: thinking of you! Or Can't wait to see you soon! Or Remember when we caught that fish last summer... Emphasise messages of kindness and good feelings.
- Mail the postcards to cousins, aunts and uncles, grandparents and long-distance friends.