A LITTLE NOTE, A LOT OF KINDNESS

Share thoughtful notes with care facility residents and the staff who support them.
A simple, heartfelt note can lift spirits, create a sense of connection, and remind them that they are seen, valued, and loved.

Gather your friends and family to craft messages of kindness and encouragement, and help spread warmth to those who need it most. Together, let's share the gift of compassion and connection.

STEP-BY-STEP DIRECTIONS

1. Choose a Care Facility

Identify a care facility in your area, such as a nursing home, assisted living center, rehabilitation center, or group home.

Reach out to the facility to confirm the total number of residents and staff and ask if they accept handwritten notes or cards.

2. Gather Supplies

Collect materials such as stationery, blank cards, envelopes, pens, and markers.

Add creative touches like stickers, drawings, or small decorations to make your note feel extra special.

3. Invite Participants

Reach out to friends, family, or members of your community to be part of this activity.

Make sure to create enough notes for each resident and staff member at the chosen facility.

4. Write the Notes

Keep the tone friendly, warm, and uplifting.

Personalize the notes where possible, sharing small details about yourself.

For staff, express gratitude for their work and recognize their vital role in creating a caring environment.

5. Package the Notes

Group the notes into labeled bundles for "Residents" and "Staff" (or as directed by the facility).

Ensure all envelopes are securely sealed and organized.

6. Deliver the Notes

Drop off the notes at the care facility on the agreed-upon date.

Include a brief note explaining your group's intention to share kindness and connection.

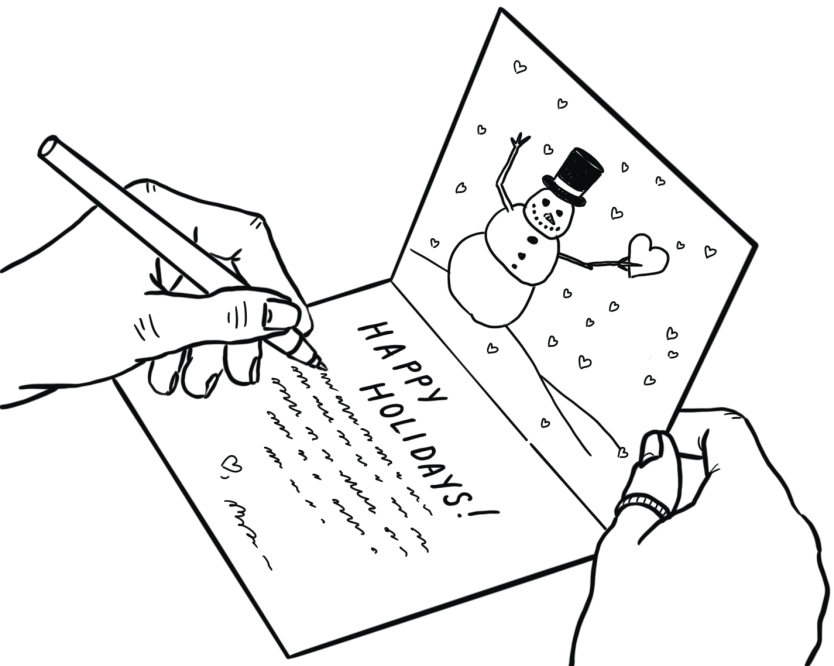
7. Celebrate Your Impact

If appropriate, share pictures or stories of the experience on social media to inspire others to get involved.

Encourage friends, family, and community members to replicate the activity in their own neighborhoods.

TIP:

If possible, follow up with the facility to hear how the notes were received. Hearing the impact of your kindness can be a powerful reminder of the difference you've made.



Spreading love and joy one note at a time creates a ripple effect of kindness in the world. Thank you for being part of this beautiful effort to brighten someone's day!

make kindness the norm.

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"TO KINDNESS AND LOVE, THE THINGS WE NEED MOST!"
—THE GRINCH

