



Kindness Postcards



Equipment

- Postcards or homemade cards, envelopes



Set up

- An adult to help you find the address of a local care home



Instructions

- Elderly people in care homes sometimes feel lonely because they miss family and friends. Brighten someone's day by drawing a picture or writing an encouraging message on a postcard and send it to a care home in your area. Ask an adult to address it to 'The Residents' and put it in the post. You might like to pray that those who read it will feel loved and valued.