

How to Make Caring Notes

Spread kindness and positivity by writing "caring notes" for our snack bags, which are filled with nutritious, non-perishable items and handwritten notes for people facing hunger. This activity is simple, but very meaningful and can be done from your very own home at your convenience.

All you need is a stack of white or brightly colored note card and markers, crayons, or colored pens. It's a great family project. Kids who can't write can draw pictures or put stickers on the cards, and adults can write the notes.

To make caring note cards as part of your service project:

1. Write clearly, as some client friends may have poor eyesight.
2. Use colors if possible and/or include a smiley face, heart or other picture.
3. Keep it simple.
4. Do not make religious, political or controversial references.
5. Mail or drop off cards at Caring for Friends - 12271 Townsend rd, philadelphia, PA 19154 or you can place one caring note in every snack/breakfast bag.

Examples of Inspirational Messages :

- You are capable of amazing things.
- You might be the reason someone smiles today.
- Be silly. Be kind. Be honest.
- Think happy thoughts.
- Live. Love. Laugh.
- Be awesome today.
- It's cool to be kind.
- Life is better when you laugh.
- Start each day with a grateful heart.
- Every moment matters.
- The best is yet to come.
- You are loved.
- Sending good vibes your way.
- You are strong.
- Make today great.
- You are an inspiration.
- Keep calm and shine on.
- Kindness changes everything.
- Have courage and be kind.
- You are awesome.
- Nice is contagious, pass it on.
- Happiness is a habit, cultivate it!
- Keep smiling.
- If you can dream it, you can do it.
- No act of kindness is ever wasted.
- Always remember, you are loved.



**Click Here for our NEW
coloring caring notes**