

# Sending Messages of Love

Thoughtful gestures go a long way and help to make others feel cared for and valued. Have fun making something for someone today!

## What you need...

Any drawing instrument you have at home: crayons, paints, markers, chalk, pens, or pencils  
Optional: glue, glitter, stickers, leaves, flowers, feathers, wrapping paper, catalogue or magazine pictures, pasta - whatever is available around the house

Paper, card, envelope

Stamp for posting

OR

Small smooth rocks



## What to do:

### Time to get creative!

- + Write your message or note, or simply draw a happy picture
- + Decorate your message with pictures and shapes
- + If you are writing a letter, decorate the envelope so that it looks extra special when it arrives in the mail. We love snail mail!
- + If you are decorated a rock, place it in a garden for someone to find

*"No act of kindness, no matter how small, is ever wasted."*

- Aesop

How wonderful it is to bring a little added sparkle to someone's day!

Check out the following pages for inspiration.



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## Inspiration:

+ Talk about the importance of kindness and connection and how you can incorporate it into your day

+ Encourage your child to express their feelings in their drawing and through their words

+ Take the time to go for a walk and post the message or place the rock in a garden for someone to find

+ Use material that you already have in your house to decorate the messages with – be creative, look in the garden, pantry

+ Take the time to go for a walk and post the message or place the rock in a garden for someone to find



## Engage the senses:

+ Talk with your child about the colour they are using, the texture of the rock, the smell of any plant material that is used

**Handy Hint:** Try making a heart shaped card using our print and cut template on the next page!

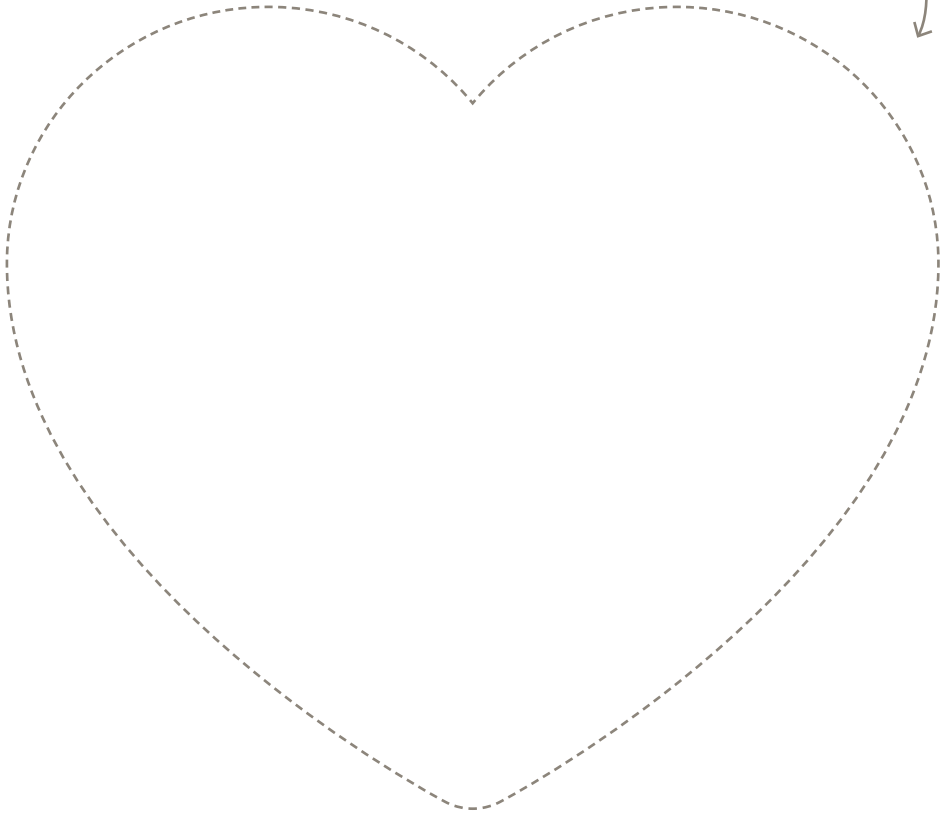


| Print this page out and get creative! |



## Heart Shaped Cut Outs

Print and cut out the heart templates for card making, gift tags, personal notes or any other crafty ideas you have!



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