

# Love Stories

By The Kindness Pandemic



## What you need:

A computer or device to email

Pens/pencils/paper if you would like to do a hardcopy letter

Photos/quotes/kind and joyful things to share

Join the **Random Acts of Kindness** campaign for staff in supermarkets or health care workers and send an extra bit of kindness their way.



Love Stories connects vulnerable, isolated and anxious older people with their family and friends through messages from children and young people who love them. The messages will be sent electronically to older people - who are then invited to respond.

The campaign aims to help reduce the anxiety, isolation and loneliness that older people may be experiencing, as well as engaging young people and forging intergenerational bonds. This exercise aims to enrich and bring greater meaning to our lives.

**Find out more about The Kindness Pandemic [HERE](#)**

## What to do:

- + Tell us about an older person you love, and why you love them.
- + Draw a picture, write a story, a poem, a song.
- + Share it with the older person – by email or call them to describe it.
- + Invite the older person to respond.

**“A little consideration, a little thought for others goes a long way.”** A.A Milne

