

ACTIVITY

Make Someone's Day!

Create and send pick-me-up cards to people who need support



Image by Shyanna Williams

Grade Levels: K-12

Age Levels:

- 5-6 yrs (kindergarten)
- 6-8 yrs (primary)
- 9-11 yrs (elementary)
- 11-14 yrs (middle school)
- 14-18 yrs (high school)

Description: Write letters or make homemade cards to send to people in need of support to show that you care. A few links to organizations that provide key information and addresses to send your

cards/letters are suggested here. Please note that there are likely other organizations in your local community as well.

What tools and materials do I need?

- Paper -- any kind, but construction paper and plain white paper are best
- Coloring utensils such as crayons, markers, or colored pencils
- Pen or pencil
- Envelopes - any kind (business size, letter size, mismatched card envelopes, etc.)
- Postage (if necessary)

What should I do?

1. **Identify an organization that collects letters or cards for people in need of support.**

Three of these organizations are listed below. However, you can do additional searches online or consider seeking sources in your local community (e.g., nursing homes, rehabilitation facilities, hospitals).

- [Letters of Love](#) - Love for our Elders
- [Cards of Hope - Braid Mission](#) - Cards for foster youth
- [Cards for Hospitalized Kids](#)

2. **Find out what parameters there are** for sending cards and letters to this organization for distribution. Be sure to follow the instructions provided by the organization carefully.

Some are very specific about what to do and what not to do. For example, you should not be saying things like "Get Well" or "Feel Better Soon" because many patients have chronic or terminal illnesses. It's also important to omit personal information (e.g., last name, contact information) and avoid using crafty items that easily fall off (e.g., glitter).

3. **Use your artistic and writing skills** to create meaningful letters or cards that fit the organization's focus and that you think will make someone's day better. Many of the websites provide some examples to help you out. However, use your creativity to create something special that the recipient will appreciate. The pictures shown on this activity are unique card designs created by a student that were sent to some of the organizations listed.

4. **Enclose your cards/letters in an envelope, address the envelope, and mail them.** If there is just one piece of paper in the envelope, you can probably put one first-class stamp on the envelope. Otherwise, you will want to take your envelope(s) to the post office so they

can be weighed and proper postage applied.

5. **Feel good about helping others.** When you make other people happy, you'll feel better yourself. There are many people struggling with health issues, depression, loneliness, and other life events. You can make a difference by showing that you care through this simple, but important, activity. Consider inviting some friends over to have a letter-writing or card-making get together!

Tags:

- Art
- Creative Thinking
- Parent-Led Activity
- Social-Emotional Learning
- Writing

Developer:

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Credit:



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