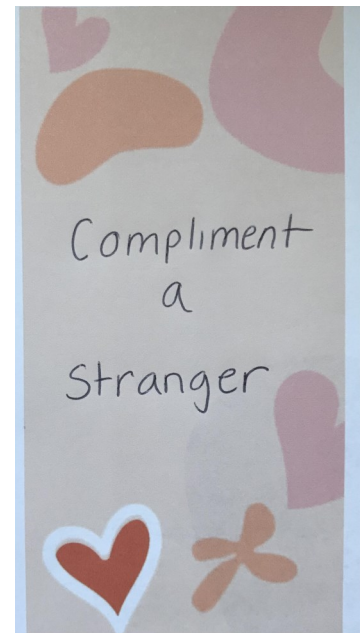


Kindness Notes

In honor of Tu B'av, or the Jewish holiday of love, create cards with ideas for how you can show kindness towards others. You can use the card templates provided on the following pages or create your own card from a blank piece of paper. Then put your cards into action by doing the act of kindness written on it.

What you will need:

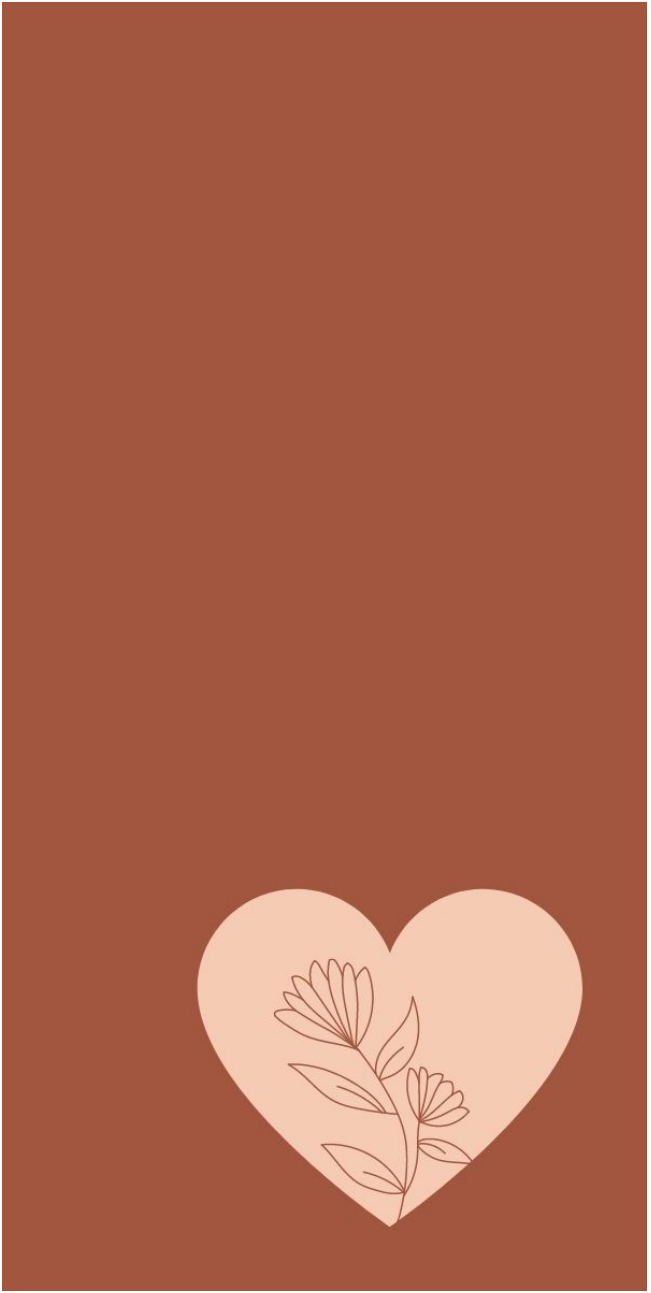
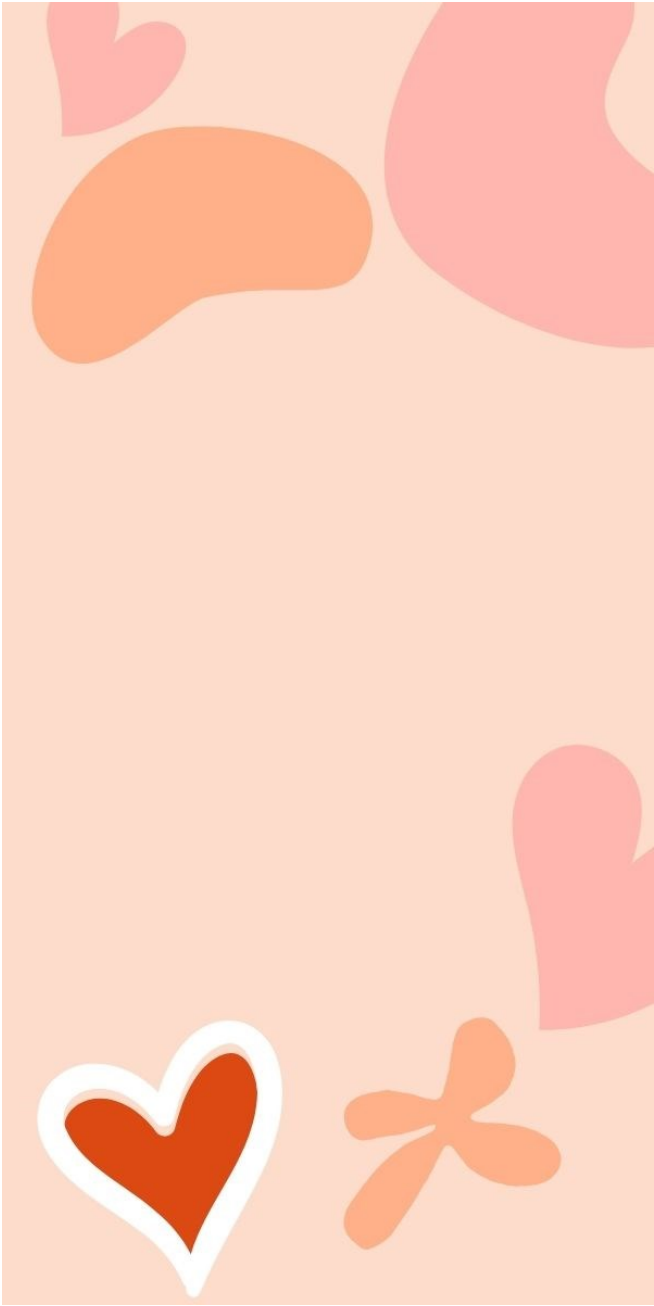
- Card templates or blank sheets of paper
- Scissors
- Writing materials such as pens, markers, or coloring pencils



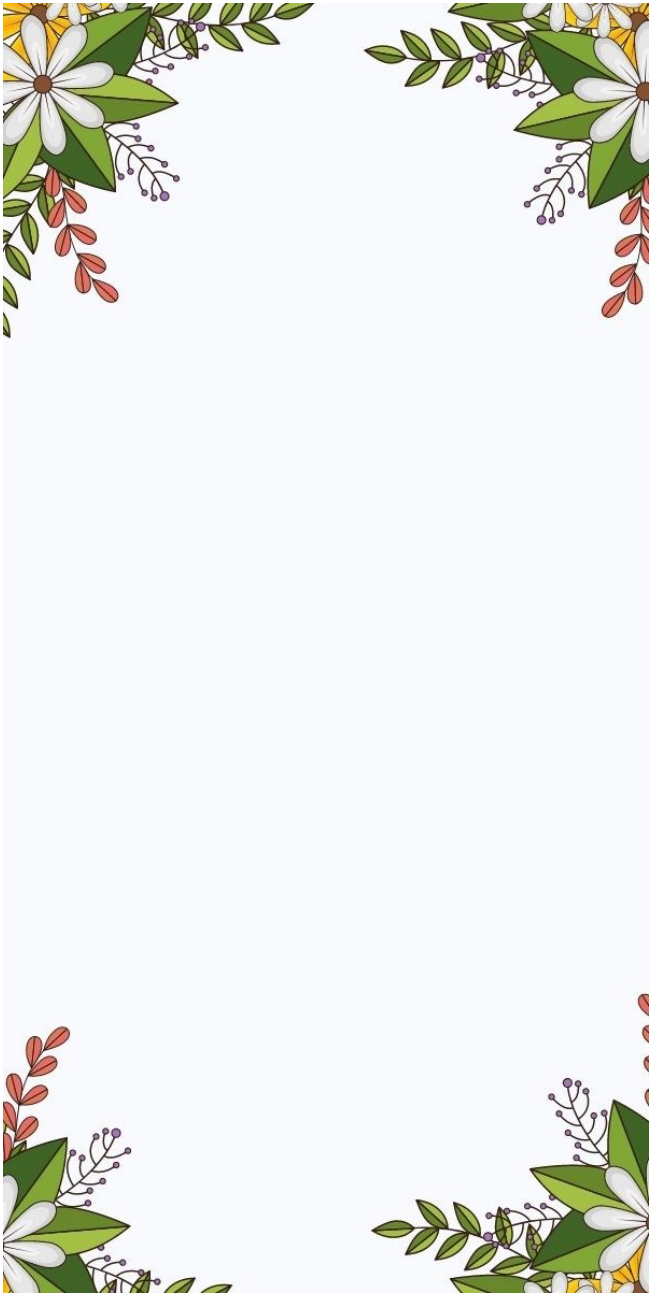
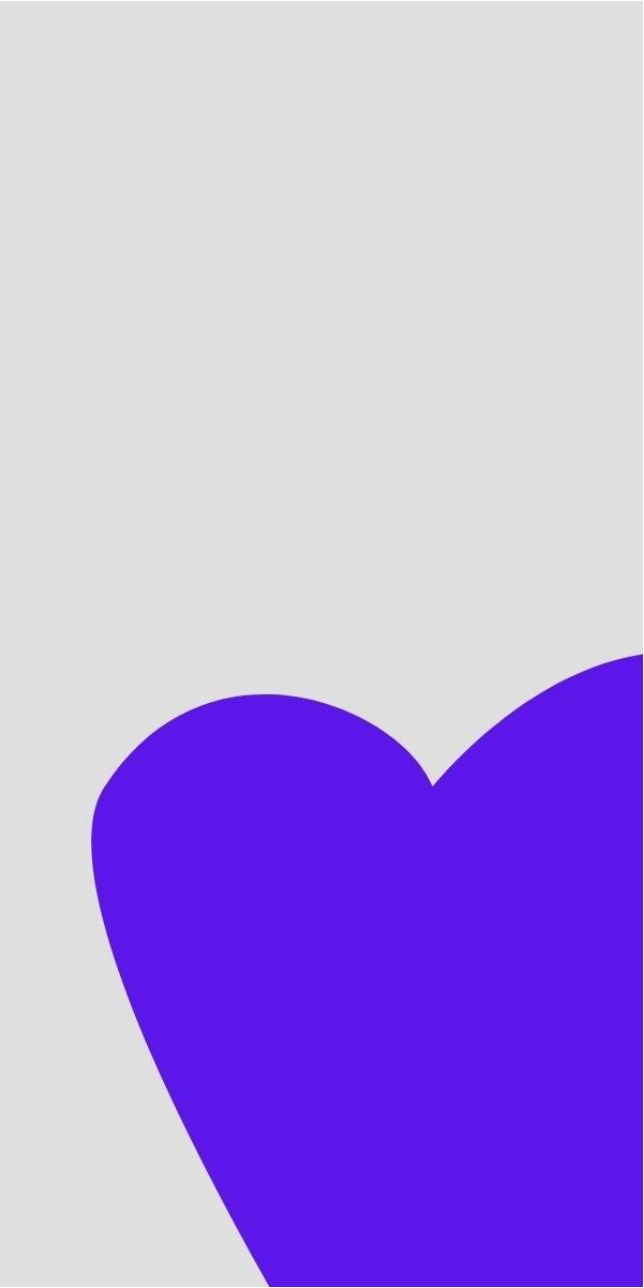
What to do:

- Brainstorm a list of random acts of kindness you can show towards others. If you need help getting started, [check out this list of ideas](#)
- Print out copies of the provided card templates if using, or grab blank sheets of plain or construction paper. Cut your piece of paper to be the size you would like your card to be
- Write down one act of kindness on each of the cards. You can add designs and decorations to your cards too.
- Hold onto your cards and start doing the random acts of kindness you listed on them

Kindness Notes Templates



Kindness Notes Templates



Heart Sun Catchers

Create a heart shaped sun catcher to hang in your window during the summer months. As a bonus, repurpose an old plastic container to show love towards the planet.

What you will need:

- Sheet from a plastic food container, washed
- Sharpies
- Scissors
- Tape



What to do:

- Trace the shape of a heart onto your piece of plastic and cut it out. You may need help from a grownup to cut your sheet of plastic
- Decorate your suncatcher using sharpies. If you want to use multiple colors next to each other, make sure to flip the plastic over to color your designs so the colors don't smear
- After you've finished decorating your suncatcher, tape it to your window and watch the sun shine through it

Lovely Collage

Create a heart shaped collage and decorate it with images, symbols, and expressions related to love.

What you will need:

- Piece of either plain or construction paper
- Magazines, newspapers, or printouts from online
- Craft supplies
- Scissors
- Tape or glue



What to do:

- Trace the shape of a heart on your piece of paper and cut it out
- Decorate your heart with images and words from magazines, newspapers, and/or printed material from online. Think about including places, people, or things you love or words and designs that remind you of love.
- Add any additional decorations with your craft supplies