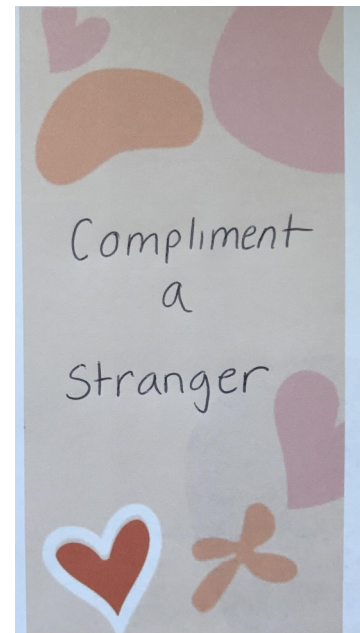


Kindness Notes

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:

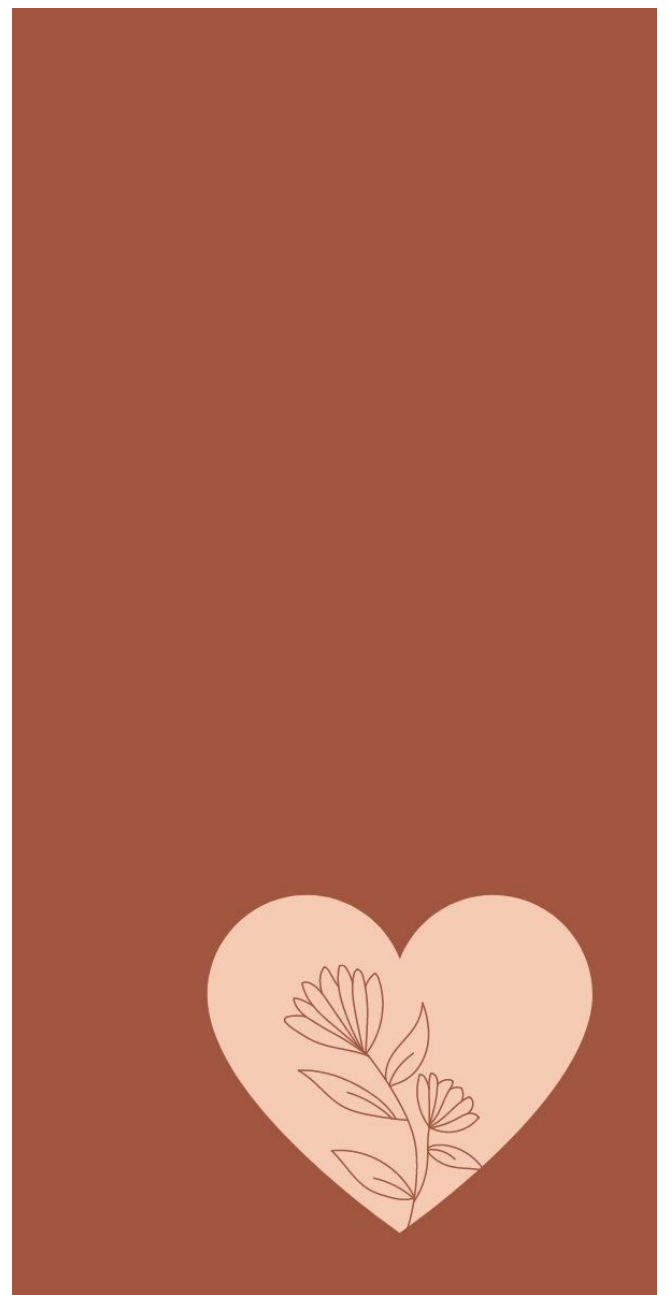
- Card templates or blank sheets of paper
- Scissors
- Writing materials such as pens, markers, or coloring pencils



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

