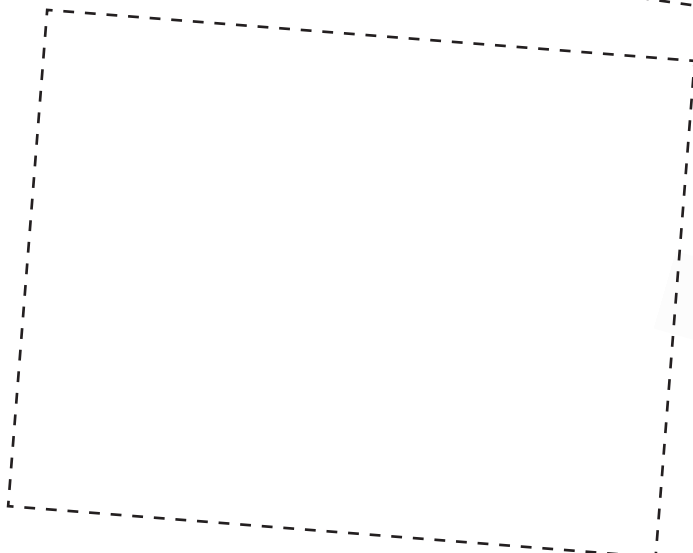




Kind Notes

Kind words make a big difference and can help people feel uplifted and cheerful. Colour and decorate these kind notes for people in your family. You could give one to a family member first thing in the morning to help their day start well. Or you could hide them around the house for them to discover. They'll get a lovely surprise when they find one!



Complete this one.

Write a kind message of your own on this one.

Ideas: Why not put a card on somebody's chair or on their pillow for them to find?