

# spread love and warm hearts with handmade cards



REFLECTION



ORGANIZATION



LEADERSHIP SKILLS

AN INITIATIVE OF



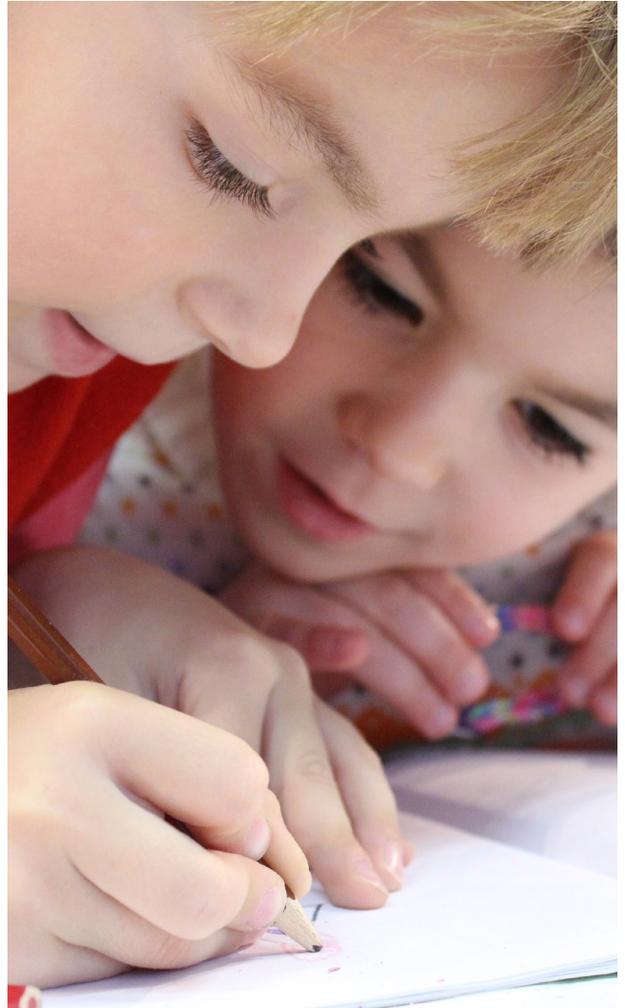
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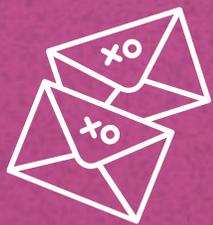
Because sometimes it's the small gestures that have a greatest impact, The Hershey Heartwarming Project proudly supports WE Are Love in helping kids and families build the positive heartwarming social connections that celebrate our differences, embrace our shared values, and promote the achievement of everyone's full potential. To learn more about how you can participate in The Hershey Heartwarming Project, please visit [heartwarmingproject.com](http://heartwarmingproject.com).

# Act of kindness + Love = IMPACT

There's always room for more love. You don't have to wait until Valentine's Day to show others that you care about them. Make a positive impact with handwritten cards to share some love with your family, friends, neighbors or peers. A simple act of kindness can go a long way and make the world a better place, as people who feel appreciated are likely to pay it forward. Laughter is the best medicine—and you have the power to bring joy to others and make them smile with a good deed or kind words. So let's spread good vibes and see how far they go!



**FACT:** Positive emotions, such as gratitude and inspiration, have many benefits, including fostering trust and compassion, relieving stress and promoting physical health.



# at school



## at school

- Make a card for every student in your school. Divide your group into teams and assign a task to each person. Plan who will spread awareness, organize the card-making event, ensure a card is made for every student and deliver the cards.



## at home

- Sharing food is one way of showing love—cook dinner with your family and spend quality time together. You can also make baked goods for your parents to bring to work to share with their co-workers and for you to bring to school to share with your peers.

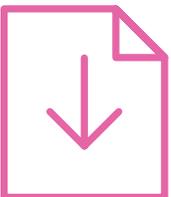


## as a community

- Find a group in your community that often gets overlooked and brainstorm ideas for how you would like to show appreciation for them. Then put your plan into action!



# kindness & compassion



## Find More Online

Learn more about the issues at [WE.org/exploringissues](https://www.wearelove.org/exploringissues).

Learn how to take action at [WE.org/wearelove](https://www.wearelove.org/wearelove).

[#WEareLove](https://www.wearelove.org/wearelove)

# Let's get doing.

## Step 1: Investigate and Learn

Test your knowledge of positive emotions. Match the five positive emotions below with the correct description.

Find the answer key at the bottom of the page.

1. This entails an emotion or attitude of appreciation where we acknowledge some benefit we have received. \_\_\_\_\_
2. This emotion comes along when things are going just right. You may experience a state of peacefulness and tranquility. \_\_\_\_\_
3. This is a belief and feeling that things will turn out for the best. It's knowing our current problems aren't permanent and that the future is still promising despite tough circumstances. \_\_\_\_\_
4. This comes from feeling dignified and important because of what we have done or achieved. It's not about having an overwhelming sense of self-satisfaction, but having accomplished something that is socially valued and feeling proud about it. \_\_\_\_\_
5. This comes from experiencing a very moving and emotionally uplifting experience, such as those times in life when we see true goodness or where someone goes above and beyond the ordinary. \_\_\_\_\_

### Positive Emotions



A. Hope



B. Gratitude



C. Pride



D. Serenity



E. Inspiration

## When you're done,

research how these emotions can positively affect you.

1. B 2. D 3. A 4. C 5. E

## Set Your Goal

You're going to want to set a goal to create impact! Use these questions to help you set your goal:

How many students would you like to involve in planning the campaign and making cards? \_\_\_\_\_

How many students and faculty members would you like to make cards for? \_\_\_\_\_

When will you meet to make cards for your school? \_\_\_\_\_

What materials will you need? \_\_\_\_\_

What message(s) do you want in the cards? Do you want to include inspirational quotes? \_\_\_\_\_

How are you going to distribute the cards? \_\_\_\_\_

You also have the opportunity to extend your campaign to show love to members of your community who go unappreciated.

Does your group plan to reach out to people outside of your school?  Yes  No

## Step 2: Action Plan

Discuss the responsibilities that will be involved in the WE Are Love campaign. Divide your group into teams and assign a responsibility to each person. Plan who will spread awareness, organize the card-making event, ensure a card is made for every student and deliver the cards.

Divide your group into four teams that can work on each of the below projects, and have each team come up with a list of sub-tasks needed to complete their task. If one team's sub-tasks overlaps with another team's responsibilities, make sure you communicate and collaborate to get the job done!

Task	Group Member(s) Responsible
Spreading awareness of the campaign and inviting people to participate in making cards	
Organizing a card-making event and making sure there are enough materials and supplies for everyone to make cards	
Ensuring there is a card for every student and/or staff member in your school	
Delivering cards	

**WE Are Love Cards**

Photocopy these cards or download and print them from [WE.org/wearelove](http://WE.org/wearelove). Use the blank space to draw and write your very own handmade cards. Cut out the cards to share them with your school or community and spread love and positive vibes.

**WE Are Love**

TO: \_\_\_\_\_ FROM: \_\_\_\_\_

the **heart** warming project. 

**WE Are Love**

TO: \_\_\_\_\_ FROM: \_\_\_\_\_

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## Step 3: Take Action

It's time to get out there and get doing! As a group, you might want to take your WE Are Love campaign to the next level and share the love with the larger community. Brainstorm a list of people in the community who may be underappreciated, overlooked or left out (e.g., people in the hospital, veterans, people in homeless shelters), then think up a way to make them feel appreciated.



Share your pictures, progress and success on social media with #WEareLove.

## Reflect

Why do you think some people in your community go unappreciated? How can you be more appreciative of people who are often overlooked and ignored?



What was the highlight of the campaign for you? What made it special?



How can you use moments like that for motivation as you continue taking action?



## Step 4: Report and Celebrate

### Report

How many students from your school were involved in the campaign? \_\_\_\_\_

What action did you decide to take to show appreciation? \_\_\_\_\_

How many days did your campaign last? \_\_\_\_\_

If you chose to make cards for members of the community, who did you make cards for? \_\_\_\_\_

Has your teacher contacted your WE Schools Program Manager about filling out an Impact Survey?  Yes  No

### Celebrate

It's important to celebrate and share the success and impact of your campaign, and to reward yourselves for all your hard work.

- Share photos of your actions with your school, community and WE Schools Program Manager.
- Record the highlights of your event day and create a video.
- Celebrate impacts through a class party, assembly or WE DayX.





**@WEmovement**

**#WEday**

**#WEschools**

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