



# KINDNESS CARD PROGRAM

Appreciating our Military Heroes

Creating Kindness  
through handmade  
cards/letters of  
appreciation.



Connecting Volunteers to Appreciate our Honored Community Service Members.



## **Spreading love to our heroes**

We create heartfelt cards to uplift active military personnel, veterans, and/or disabled veterans, showing them they are appreciated and loved for their brave service to our country.

### **Kindness Cards**

**A simple act of creating and spreading kindness by writing letters/cards of appreciation, in which it can be deeply appreciated by those we receive it.**

# Benefits to Military Recipients

- Help them feel connected and appreciated which benefits their mental health.
- Help them feel recognized and valued for their time served and personal sacrifices made.
- Enhance their morale by being reminded that they have our communities support.
- Let them be reminded they have not been forgotten.



# Benefits to Card Creators

- Can increase feelings of happiness and well-being.
- Reduce symptoms of stress, depression and anxiety.
- Feel a sense of purpose.
- Allows you to express your gratitude to those who serve our country.
- Inspire others around you to also participate in simple acts of kindness.





# Kindness Cards for Our Heroes

## Quick Tips:

- Focus on gratitude, appreciation, hopeful messages, well wishes and encouragement.
- Messages can be simple.
- Thank the service member for their service and/or sacrifices.
- Keep the card uplifting, avoid challenging topics such as current world events and/or politics.





# Examples of heartfelt kindness cards for our brave military personnel

Spreading love and support to service members





# Kindness Cards

**3,535 Kindness Cards  
have been delivered by  
KIDS CARE since 2019.**

KIDS CARE encourages volunteers to create Kindness Cards for military, veterans, first responders, 911 dispatchers, hospital staff, senior citizens and sick children. In total, we have handed out 3,535 Cards of Kindness, Compassion and Encouragement.



# **ACTIVE MILITARY**

## **Word/Phrase Suggestions**

- **"Thank you for your dedication and service!"**
- **"Your bravery keeps us safe. We are grateful!"**
- **"We appreciate your sacrifice and commitment!"**
- **"Proud of your service. Stay strong!"**
- **"Your courage inspires us every day!"**
- **"Thank you for protecting our freedom!"**
- **"We honor your strength and resilience!"**
- **"You're a true hero. Thank you for all you do!"**
- **"Serving with pride, protecting with honor!"**
- **"Grateful for your service and sacrifice!"**





# **MILITARY VETERANS**

## **Word/Phrase Suggestions**

- **"Thank you for your service and sacrifice!"**
- **"We are forever grateful for your bravery!"**
- **"Your courage protects our freedom. Thank you!"**
- **"Grateful for the sacrifices you've made for our country!"**
- **"Freedom is not free—thank you for defending it!"**
- **"You served with honor, and we are grateful!"**
- **"Thank you for your dedication and patriotism!"**
- **"Your bravery inspires us all. Thank you!"**
- **"We salute you, veteran!"**
- **"Grateful for your service, proud of your sacrifice!"**



You have the  
power to change  
the world;  
use it to make  
a difference

# Join now

[www.kids-care2018.org/kindness-cards](http://www.kids-care2018.org/kindness-cards)



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@kidscare2018