

Kindness postcard

AGES 5-10 / ABOUT 10 MIN / WITH A GROWN-UP

1. Pick one person who would smile at a surprise note.
2. Draw something they like in the picture box.
3. Write or dictate 2 sentences: I noticed you... Thank you for...

Picture for my person

My message

MY NAME OR MARK: _____

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THE GROWN-UP GUIDE

Noticing what others do builds empathy and gratitude.

GATHER

This sheet or a blank card, crayons, an envelope or a place to hand-deliver.

A QUESTION TO BORROW

How do you think they will feel when they read it?

MAKE IT EASIER

Draw only. Dictate one sentence.

ADD A CHALLENGE

Write a second postcard to someone you don't know well, such as a neighbor or teacher.

A GOOD PLACE TO STOP

Deliver it together, or set it somewhere they'll find it.

KEEP IT COMFORTABLE & SAFE

Let your child choose the person. All kinds of notes are okay.

CONNECTED TO

The Sage Dad · Time together

Age ranges are a guide. Let your child point, draw, dictate or write.
Use with a grown-up; pause whenever either of you needs a break.