



Warm Wishes for Seniors

Imagine how happy you feel when you get a surprise card or a kind note from a friend. Now, think about how much that would mean to someone who doesn't get many visitors.

With the Warm Wishes for Seniors project, you can brighten the day of an older person by writing a friendly letter or making a colorful drawing or homemade gift just for them. A simple note can bring a big smile and remind them that they are loved and remembered.

A little kindness goes a long way—let's make someone's day brighter with our creativity!



What You'll Need:

- Stationery or blank cards
- Markers, colored pencils, crayons
- Envelopes
- Ribbons, stamps, stickers and other things to decorate with

What You'll Do:

- Decorate the gift bags or boxes.
- Choose items to put in each bag
- Make special cards with personal messages.
- Choose a handmade gift to make and add (if you can't make a handmade gift, think about adding a Sudoku or Crossword book)
- Ask the grown-ups to call a local seniors center.
- If possible, hand-deliver the kits and see the impact you're making!

For the Grown-ups:

Discussion (10 min)

- Ask kids how they feel when they receive a kind note or a homemade gift.
- Explain that some seniors don't get many visitors or letters, and a small act of kindness can make a big difference.
- Brainstorm what messages or gifts might make someone smile.



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Choose a Homemade Gift to Make

Handmade Bookmarks

- Use cardstock or craft foam to create sturdy bookmarks.
- Decorate with drawings, stickers, or inspirational quotes.
- Punch a hole at the top and add a ribbon or yarn tassel.

Decorated Picture Frames

- Use cardboard, craft foam, or popsicle sticks to create simple frames.
- Decorate with paint, markers, or stickers.
- Add a cheerful drawing or a positive message inside the frame.

DIY Suncatchers

- Use tissue paper and clear contact paper to make colorful designs.
- Cut into shapes like hearts, flowers, or stars and add a string for hanging.
- These brighten up windows and add warmth to a senior's space.

Positivity Jars

- Decorate small jars and fill them with handwritten notes of encouragement.
- Notes can include jokes, kind messages, or fun conversation starters.
- Encourage seniors to pick a note whenever they need a smile.

Cozy No-Sew Hand Warmers

- Cut two small squares of fabric (like fleece).
- Glue three sides, fill with rice, and seal.
- Seniors can microwave them for a few seconds for warmth on chilly days.

Optional Extensions:

- Senior Story Swap: Ask seniors to share a story or life advice, creating an ongoing connection.
- Kindness Challenge: Set a goal to send a certain number of letters and gifts as a class or group.
- Virtual Connection: If visits aren't possible, arrange a video call where kids can introduce themselves and share their artwork.