



Help us spread **KINDNESS** by sending the enclosed card to someone you know! This small gesture can brighten their day and spread kindness around the world! Follow these simple steps below.



1

Sign the back of the greeting card with your name and the city you live in.

2

Take this instruction card and the enclosed greeting card you received and place it in any #10 stamped envelope.

Feel free to include a personal message on a separate piece of paper to accompany the card.

Send it to someone who needs some kindness in their life or just someone you have not spoken to in a while.

3

Scan the QR code below so our schools can see how far their kindness has spread.



Take a picture of your card, tag the person who sent it to you, and post it on Facebook or Instagram using **#kindNEST** to spread kindness even further!