

# HOPE & COMFORT

## WORKING TO END HYGIENE INSECURITY



### Hope & Comfort Volunteerism at Home

## Making Well-Wish Cards

Despite social distancing, you can still support Hope & Comfort's mission to improve the health, self-esteem, and hygiene education of Greater Boston youth from the comfort of your own home. Learn more at [www.hopeandcomfort.org](http://www.hopeandcomfort.org). Thank you for your support in the fight to end hygiene insecurity!

Making well-wish cards for the youth that Hope & Comfort serves is a creative and fun way to support the youth Hope & Comfort serves from the comfort of your home. Invite your family members and roommates to join in on the fun! Let's get started...

### Step 1: Review our Health and Safety Considerations

Given recent health concerns around COVID-19, we kindly ask that you refrain from completing this activity if you or someone you are in close contact with has been sick within the last 3 weeks. We also ask that you wash or sanitize your hands frequently when handling your well-wish card materials. The Hope & Comfort team is following the same protocols at our warehouse; we appreciate your understanding and help keeping everyone healthy!

### Step 2: What is a Well-Wish Card, Anyway?

Well-wish cards are positive, colorful messages that are distributed with Hope & Comfort's hygiene kits. Youth in 2-6<sup>th</sup> grade receive handmade well-wish cards to let them know they cared about, we are thinking of them, and that the community has their back.

### Step 3: Assemble Your Art Supplies

You'll need paper and something to write/draw with. We suggest being as creative and colorful as you can, using construction paper, markers, crayons, colored pencils, stickers, paper cut-outs, and more!

### Step 4: Create Your Well-Wish Cards

Start with a piece of paper. You can use the whole page, or fold it in half. Next, draw a picture, write a positive message, share a joke, make a comic strip, or offer an inspirational quote. Get as creative as you would like!

As you create your well-wish card, please keep in mind...

- Well-wish cards should be appropriate for kids of all identities. Use inclusive language please!
- If you wish to sign your name, please use your first name only.
- We distribute hundreds and hundreds of well-wish cards a year, so you can create as many as you'd like!

## Step 5: Need More Inspiration?

Here are some photo examples of past well-wish cards we love.



## Step 6: You Did It!

Step back and marvel at your creations! Snap a photo and tag us on Facebook/Instagram at @hopeandcomfort or Twitter at @hopeandcomfort1!

Then, let us know you're all set and ready to submit your well-wish cards by emailing [amacdonald@hopeandcomfort.org](mailto:amacdonald@hopeandcomfort.org) or calling/texting 774-847-1224. When we connect, we'll let you know the best and safest way to get these to us. Thank you for joining the fight to end hygiene insecurity!