

# Get Well Cards

KINDNESS BEYOND THE CLASSROOM™  
SMALL GROUP • OPTION 2 • CARING

## Lesson Timeframe

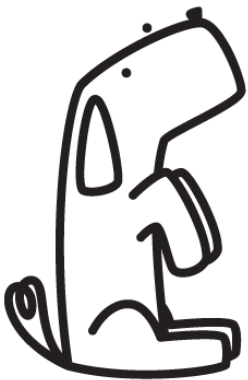
25-30 min.

## Materials

- Cardstock (can use copy paper if needed)
- Basic Art Supplies
- Giant Manila Envelope
- Stamps (optional)
- Caring poster (optional)

## Mail your cards to:

Cards for Hospitalized Kids  
7290 W. Devon Ave.  
Chicago, IL 60631



### Share

As a whole group, explain that caring allows us to show kindness and compassion towards others. Define caring: CARING IS FEELING AND SHOWING CONCERN FOR YOURSELF AND OTHERS. (Show the Caring poster if desired.)

Compassion is the feeling you get inside you when you want to help someone who is in need. Our hearts tell us to help. Let's list some times that we have felt compassion and were able to show caring and kindness to our friends and family. Aim for 3-5 answers from a variety of ages.



### Inspire

When we show compassion, we are caring for them as well! Discuss the importance of showing compassion for others as often as possible. Sometimes we care and show compassion to those closest to us, like our parents or friends. However, we can also show compassion to people we have never even met! When a person is sad, in pain, or needs help, we naturally feel compassion for them.

Explain that today we will be creating get well cards for children who are sick. Sometimes we get sick; however, some children actually stay in a hospital for a very long time before they get better. If time allows, ask for volunteers that have been in the hospital (or know another child who has).



### Empower

Divide the class up between the lower grades (K-2) and the higher grades (3-5). Each group will create get well cards for children who are in the hospital. (You can send them to a local children's hospital OR to the address posted in this lesson's margin).

#### For the Lower Grades:

- Write the phrase, "Get Well Soon!" on the board. This phrase must be included somewhere.
- Each card must include a friendly picture to help the other child feel better.
- Make sure you sign your name.

#### For the Upper Grades:

- Each card must include the phrase, "Get Well Soon!"
- Each card must include an uplifting message for the sick child.
- Each card must include colors/pictures and your name.



### Reflect

Guide a discussion around the word COMPASSION.

- How do caring and compassion connect?
- Why do we feel compassion for others even if we have never met them?
- When have you received caring and compassion from another person? How did that make you feel?