

Kind Notes



TENACIOUSLY TEAL DELIVERS OVER 500 CANCER CARE PACKS NATIONWIDE EVERY MONTH. THANK YOU FOR CHOOSING TO SPREAD LOVE & HOPE TO CANCER FIGHTERS BY HELPING US FULFILL OUR COMMITMENT TO INCLUDE A HANDWRITTEN NOTE IN EACH CARE PACK!

THE BASICS OF A KIND NOTE

1

YOU CAN USE NOTE CARDS OR SIMPLY A PIECE OF PAPER. ENVELOPES ARE NOT REQUIRED. PENS, MARKERS, AND CRAYONS ARE ALL GREAT!

2

DO WRITE SIMPLE NOTES OF ENCOURAGEMENT, LET THEM KNOW YOU ARE THINKING ABOUT THEM OR PRAYING FOR THEM. REMIND THEM HOW STRONG & COURAGEOUS THEY ARE. INCLUDE YOUR FAVORITE INSPIRING QUOTE OR SCRIPTURE.

3

DON'T INCLUDE PERSONAL STORIES ABOUT FAMILY OR FRIENDS WITH CANCER OR ILLNESS.

4

BE CREATIVE! PINTEREST & GOOGLE IMAGES ARE GREAT PLACES FOR FINDING INSPIRATIONAL QUOTES & SCRIPTURE. WE HAVE ALSO INCLUDED SOME EXAMPLES BELOW.

5

MAIL COMPLETED NOTES TO THE ADDRESS LISTED BELOW.

Stay Strong!

EXAMPLES

You are not alone.

Keep Fighting!

**The Lord Will Fight For You;
You Need Only Be Still.
Exodus 14:14**

**THE HUMAN SPIRIT IS
STRONGER THAN
ANYTHING THAT CAN
HAPPEN TO IT.
C.C. SCOTT**

**BRAVERY ISN'T THE
ABSENCE OF FEAR. IT IS
BEING AFRAID BUT SHOWING
UP ANYWAY.**