

# Cards for Hospitalized Kids



## DESCRIPTION

Being sick is not fun, but getting notes and cards from people who care can help make your day better! Cards for Hospitalized Kids is an organization that collects cards with cheerful messages and distributes them to children's hospitals and Ronald McDonald Houses across the United States to help make them smile during their recovery.

## WHAT YOU NEED

- Writing utensil (markers, crayons, pens, pencils)
- Paper
- Add-ons: stickers, glue-on decals and glue

## REFLECTION AFTERWARDS

- Was there a time when you didn't feel well and someone made you a card or brought you something to cheer you up? How did that make you feel?
- What did you write in your card? How do you hope they felt when reading your card?

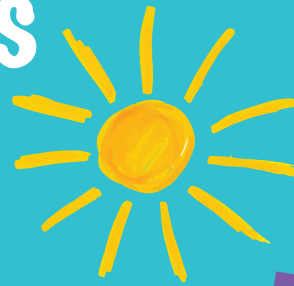
## RESOURCES

Cards for Hospitalized Kids Website and Information:

<http://www.cardsforhospitalizedkids.com/make-cards.html>

List of children's books about coping with illness

<https://www.doinggoodtogether.org/bhf-book-lists/illness-picture-books>



## PLAN

1. Gather supplies your child would like to use to create a card.
2. Have your child write cheerful messages and drawings for another young child who may be in need of a smile.

★ How to address the card:  
"Hey There"  
"To: a Very Special Person"  
"Hello Friend"

★ Uplifting messages:  
"Stay strong"  
"You are awesome"  
"You rock"  
"You inspire me"

\*\*\*DO NOT write "Feel Better," "Get Well Soon," or other illness related messages. The card should focus on the child as a whole, and not their illness.\*\*\*

★ How to sign the card:  
First name ONLY

Do not include any personal information such as phone number, address, email, etc.

You may include your home state, ex: John from NJ

3. Send cards to:  
Cards for Hospitalized Kids  
7290 W. Devon  
Chicago, IL 60631

Or Drop off at Smile Works Pediatric Dentistry and we will mail them for you!

