



STAYING CONNECTED WHILE "STAYING AT HOME"

Creating a Card from inspiration
and gratitude
during this time of pandemic.

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Instructions for this card-making project are in the following pages. This process is not simply a card-making project. It is intended to engage you in a thoughtful, reflective process. Prior to starting, answer the four questions below, as they will inform your choices in making the card.

This card is intended for a person who you admire, who inspires you, or who you are grateful to have in your life.

I also suggest that you do this process for yourself, and send the card to yourself. You would be surprised at how much you look forward to receiving a card in the mail.

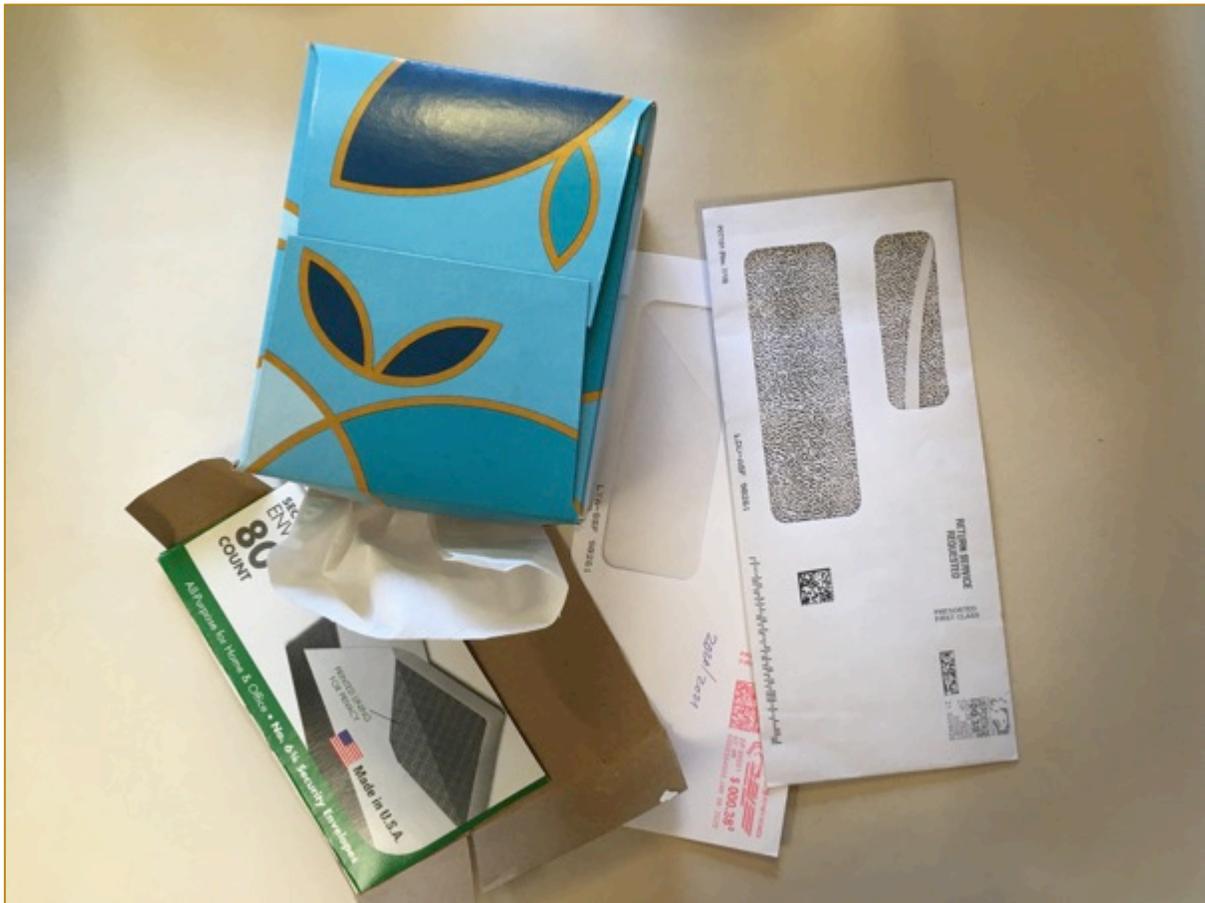
Reflection Questions

What is this person's most obvious strength (not in terms of how physically strong they are)?

What talent or ability does this person have?

What positive personality trait do you appreciate about this person?

What do you hope for this person in the future?



To start with gather together materials that you can make the card with. The following list will give you some ideas, or use whatever you have, it doesn't have to be what's on the list.

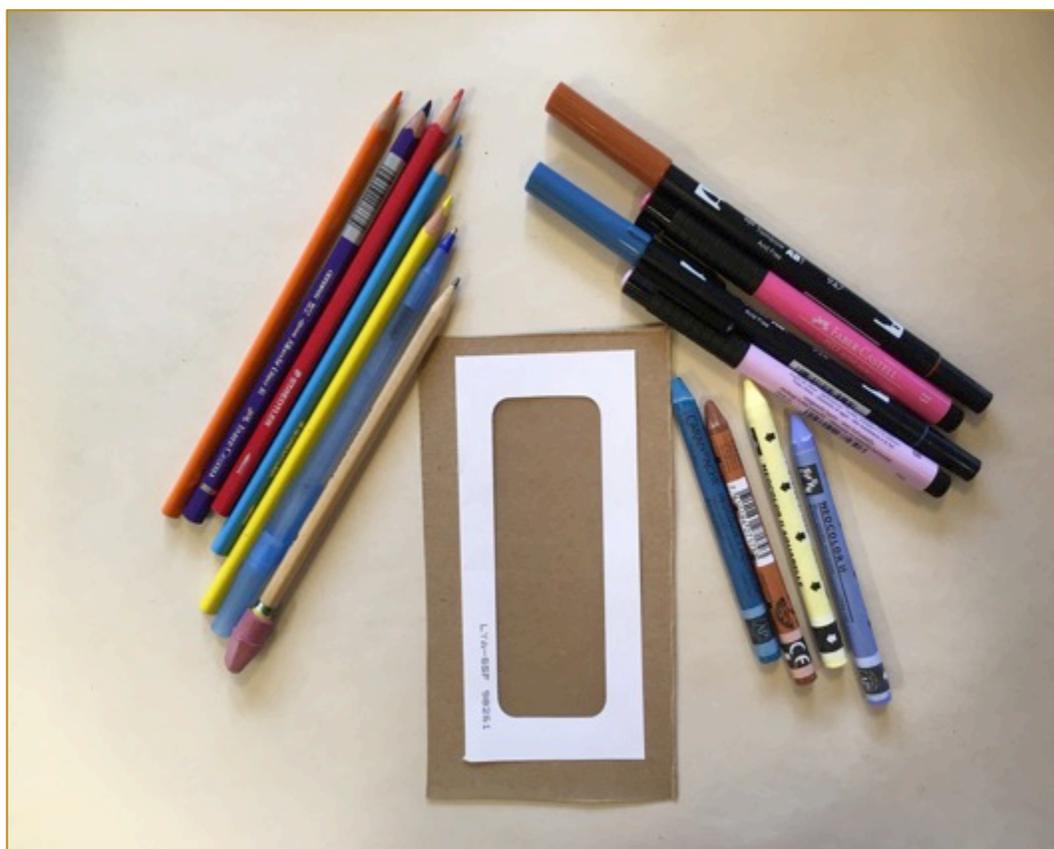
Materials Needed

- Recycled envelopes with windows
- Small empty boxes, like cereal, tea or tissue boxes
- Papers of all sorts – old calendars, phone book pages, magazine images, your own photos, or copies of photos, copier paper, construction paper, recycled wrapping paper. Let your imagination run wild.
- Scissors
- Fabric scraps
- Glue sticks, or white glue
- Tape
- Staples
- Needles and Thread
- Felt tip markers
- Crayons

Find photos to use or that can be copied.



Drawing Materials



Papers



Materials for Attaching



Instructions for a Recycled Envelope Window Frame Card

1. Find a recycled envelope with a cellophane window in it that you can use. Most bills come in one.
2. Cut around the window about a 1/2 inch around, giving you a white frame around the window.

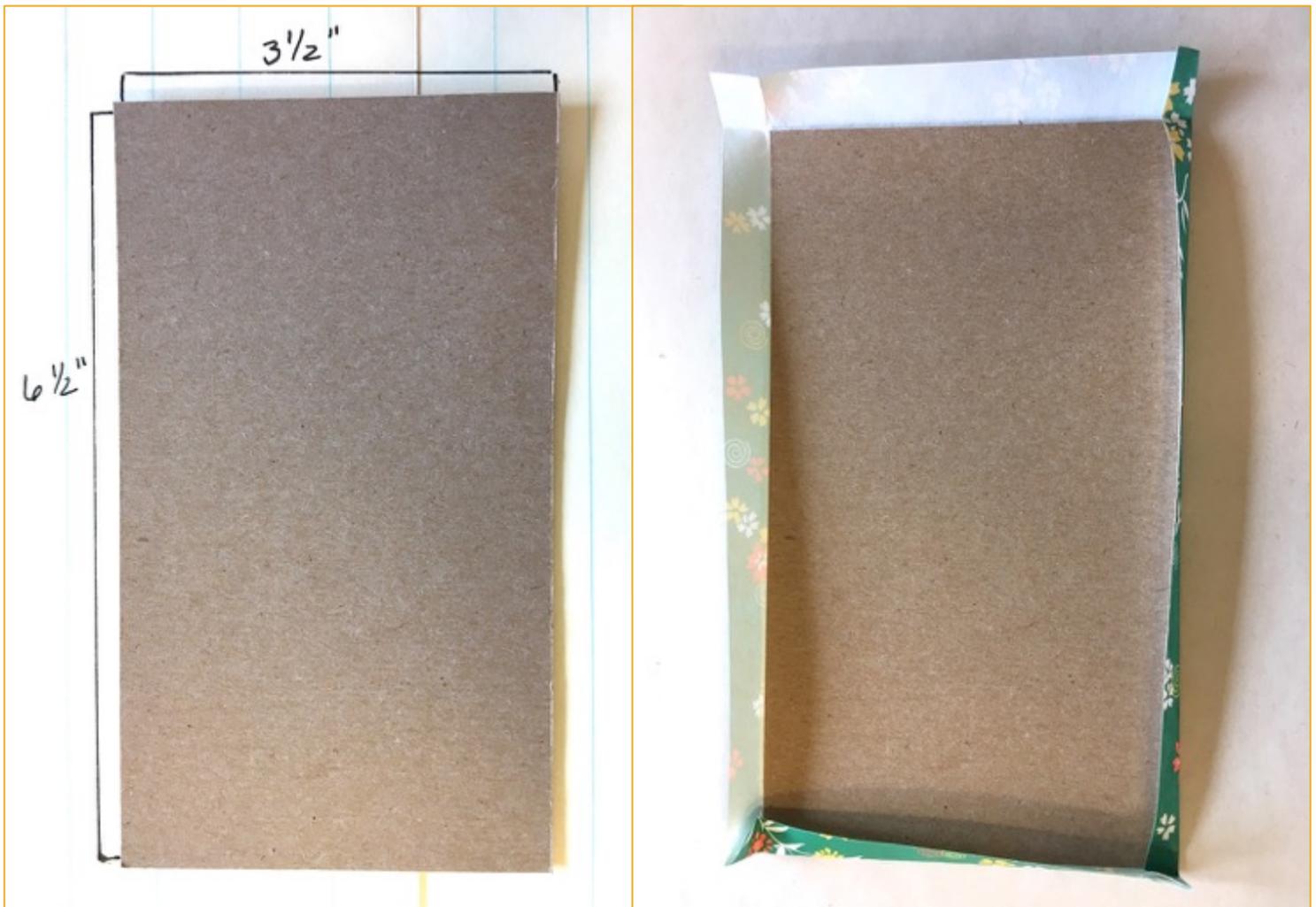
#2 Cut around the window about a 1/2"



#3 Decorate the white frame.

#5 & 6 Attach the picture on the back.



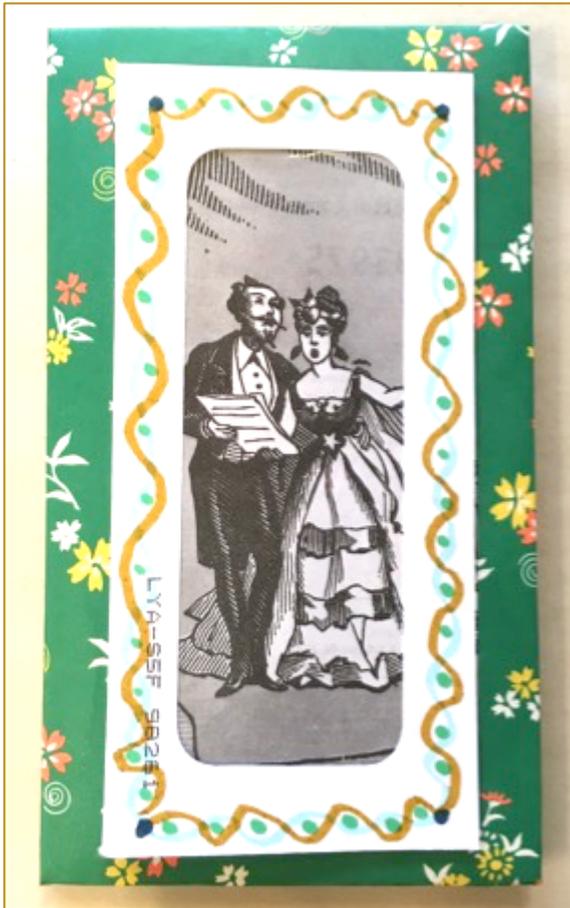


#4 Cut out a piece of cardboard 3 ½ x 6 ½"

#7 Cut out a piece of paper larger than your cardboard, about ½ inch on each side.

#8 Glue the cardboard to the paper, and the edges.

4. Cut out a piece of cardboard that will fit into a 6 ¼ envelope, approximately, 3 ½ x 6 ½ inches.
5. Choose an image from your photos, or a magazine, or your own little drawing to put behind the window opening. Your card can be either vertical or horizontal. See image #3.
6. Attach the picture to the frame using glue, tape, thread, staples, whatever works best for your piece.
7. Next cut a piece of decorative paper that is about a ½ inch larger than your cardboard piece all of the way around.
8. Glue the cardboard onto the decorative piece of paper, and wrap the paper around the edges. Glue them down.



#10 Glue the image window frame onto the decorative cardboard.



#11 & 12 Using the answers to the four questions, write the message to your person of inspiration.

9. Place the decorated window with the image inside it onto the covered piece of cardboard, glue down.
10. On the back you can either write your message, or attach a blank piece of paper to the back and write your message.
11. Write to your person of inspiration, using the answers to the four questions above for your text.
12. Find an envelope and a stamp, and mail your card to the person. Make sure that you provide enough postage for the weight of your card.

Postage can be purchased on line at: https://store.usps.com/store/results/stamps/_/N-9y93lv

You can of course, make any other kind of card that you wish, and just include the answers to your questions in your text to the person. Consider making more than one of these for other people who inspire you. ***Make one for yourself, you deserve it!***