Help doctors and nurses!

Volunteer to send notes of gratitude to our healthcare heroes

Join us in showing appreciation for our healthcare heroes! We are mailing beautiful, encouraging artwork to community doctors and nurses, along with notes of gratitude.

How will these notes help doctors and nurses?
Since the onset of coronavirus, doctors and nurses have not only been frontline workers, caring for the vulnerable and sick. They have seen their shift hours multiply, forcing them to spend time away from their home and families. These notes and artwork are our way of saying THANK YOU to these vital workers, for their sacrifice and medical care as we move toward healing.

The Kindness Campaign (TKC) is partnering with Baylor Scott & White to have their care staff receive art and notes from TKC volunteers; these gifts will be displayed in entry hallways for healthcare workers to see.

Creating artwork helps YOUR emotional health, too!
In a creative state of mind, we direct our focus to the present moment. This tells our amygdala, the emotion headquarters of the brain, to promote relaxation in the body and mind. In this state, we have the opportunity to regulate our emotions, clearly express our needs, and be our best selves.

Writing notes of kindness helps develop empathy and spreads community goodwill: Kindness can be demonstrated in many forms. The power of community can be shown when we express our care for each other’s actions, thoughts, and desires. When someone feels a sense of belonging, the shared community strengthens in empathy and kindness. Our words have power that can bring positivity and strength to all.

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HOW DO I GET STARTED?
Print the coloring page (double-sided) and write a message of gratitude in the space provided.

WHAT DO I DO WHEN I'M DONE?
Mail your artwork and words of kindness to:
Baylor Scott & White
ATTN: David Perez
MS-MH-1.209B
300 University Blvd.
Round Rock, TX 78665

WHO WILL RECEIVE MY ARTWORK?
Frontline healthcare workers at Baylor Scott & White health centers

CAN I SHARE THIS ON SOCIAL MEDIA?
Yes, absolutely! Please tag @tkckindness with your messages of appreciation and artwork. We will happily share with our community!

QUESTIONS:
Contact: TKCVolunteer@tkckindness.org

What is The Kindness Campaign?
The Kindness Campaign (TKC) is a nonprofit that develops emotional health curriculum for school-age children. Kindness and empathy are our core tenets that help guide our four learning pillars: Self Image, Emotional, Awareness, Empathy, and Community (SEEC). The language arts-based SEL curriculum targets kids in early childhood, because our behavior patterns are established at a young age and carried through adolescence and adulthood.

TKC curriculum and programming is based on the core message: I AM ENOUGH. This is the heart and soul of TKC and embodies our approach to emotional health. We focus on the children of today, who will be the leaders of tomorrow. It’s our goal that by the time they’re adults, kindness—for them—will be second nature.

Stay connected with TKC! For more emotional health resources, follow us on: Facebook, Twitter, YouTube, Instagram, and/or LinkedIn. And sign up for our newsletter at www.tkckindness.org.

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KINDNESS STARTS WITH YOU!

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Kindness starts with YOU!
A NOTE OF KINDNESS
Kindness starts with you!

TKC
THE KINDNESS CAMPAIGN

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A NOTE OF KINDNESS