



Kindness Campaign: Gems of Love Blessing Scrolls for *COURAGE*

This Kindness Tutorial honors our friends, family members, and those unknown to us who are going through an illness. Gather a group of friends and/or family to create these affirming little tokens of kindness, together. Blessing Scrolls contain inspiration quotes; gifting perhaps a message of love and hope that someone needs.

How to...

To make these scrolls, simply print, cut, roll on a pen—using the cap to hold the rollup in place—and tie ribbon tightly to create scroll. (Note: If using patterned paper, print on the blank side, so —when when rolling—the colorful side faces out, creating a beautiful assortment of colorful scrolls.

Deliver to hospitals or cancer treatment facilities in your city or town. It may be helpful to gift them in a bowl or dish, so patients can simply grab one in the waiting room or as they are going to the treatment room. If you can, give an extra bag of pre-rolled scrolls to the office support staff, so they can replenish when running low. You can also leave these in hospital waiting rooms, libraries, the grocery check-outs, or anywhere you think a little inspiration or kindness is needed.

Supplies



- ♥ free 10-page PDF download of inspirational quotes available at www.beckyjaine.com/kindness
- ♥ black & white printer ♥ scissors (*regular or decorative edge*)
- ♥ assorted color 8 x 12 cardstock or scrapbook paper
- ♥ assorted ribbons and/or strings ♥ pen with a cap
- ♥ colorful pens, markers & stickers for accents (optional)
- ♥ bowl, dish, or basket (optional)

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