



Random Crafts of Kindness

Tutorials
and
Inspiration Sheets

KINDNESS CREATIVITY

Crafting It Forward

With Creativity and Kindness

Though we all have different skill levels, everyone has creative ability. The projects we have created for the random crafts of kindness project are simple and doable for all skill levels.

Before getting to the project tutorials, let's chat about why these projects were selected.

- The key factors for selecting these projects:
- Simple
- Quick
- Easy

Many of us lead busy and sometimes complicated lives. We know from experience that trying to add things to a busy schedule is often difficult to do.

It's important to make our kindness projects simple, quick and easy so you can enjoy the benefits of creating for yourself and others

Benefits of Coloring

Did you know that coloring for adults has become very popular? It is likely you have seen adult coloring books filling the shelves of your many shopping locations. Coloring is not only a fun activity, but it has mental benefits as well. Here's why you could pick up those crayons again!

COLORING IS:

- Relaxing and Calming - takes your mind off day to day activities
- Easy - no skills required - use pencils, markers or even crayons
- Fun - makes you happy
- Creative - activates the creative side of the brain
- Active Meditation - trains your mind to have better focus
- Creating Art - use your infinite creativity to make something completely unique

3 Kindness Projects Many Variations

- Coloring Kindness Cards
- Kindness Painted Rocks
- Simple Gifts and Kindness Tags



Kindness
Cards



Kindness
Tags



Kindness
Rocks

PRINTING YOUR PRINTABLES

Printing Options:

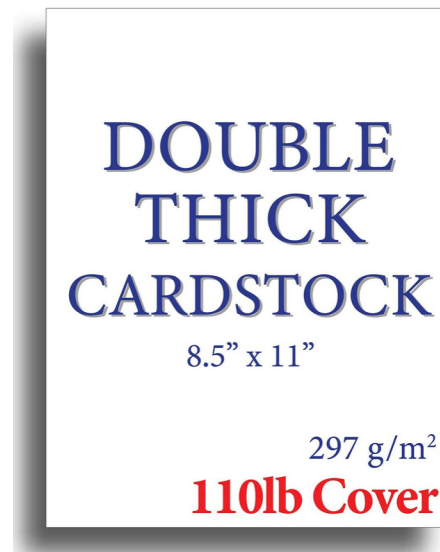
- Print printables on your personal printer.
- Send printables online to a print shop.
- Put printables onto a thumb drive and take them to a print shop.



Example

Paper Selection

- Paper makes a big difference in the final outcome.
- Paper needs to be sturdy.
- Print on card stock (#65, #80, or #110 pound cover).
- It is not suggested to print on standard print paper for the kindness cards and tags, since it is not heavy enough.



Example

Tips for Printing From Your Personal Printer:

- Use "draft quality" setting for black and white coloring pages - This setting is the quickest and uses the least amount of ink.
- Use "best quality" setting for sharpest and vibrant colors - Takes longer to print and uses more ink.

General Crafts of Kindness Project Instructions

This instruction sheet covers basic instruction guidelines that you can use for both the Kindness Cards and Kindness Tags

- Basic cutting instructions are the same for both the Kindness Cards and Kindness Tags printable sheets.
- You will get the best cut using a trimmer, however a pair of sharp scissors (large for main cut and small for detail cuts) will also work.
- Though quality tools can enhance your creative outcome it's OK to start off with inexpensive tools



Cut apart using trimmer



OR cut apart using scissors



Detail cut around outside black line



Take care cutting around inside corners



When cutting around curves, move paper allowing scissors to be guided by the movement



Once colored and detail cut, time to add them to your gifts of kindness

Coloring Tips



Coloring with markers



Take care not to push too hard on marker nib (brush)



Color all open areas



Coloring with pencils
Keep pencil sharpener on hand



Light handed coloring
Can always add more color, but difficult to take color away



As you become more comfortable, you can blend colors together for different looks



Keep your coloring supplies and printables handy so you can easily color when time permits

Prep Kindness Tags



Cut and prep tags



Punch hole in center of tag using 1/8" punch



Time to get your tag ready to attach to your gift of kindness



Cut twine (ribbon) approx 18" in length



Fold twine in half - thread loop portion through hole



Push thread ends through the loop



Cinch ends tight through loop - leave length of thread long until after tied around package



Tie ends around an added bow using loose ends - tie knot and cut ends to desired length



Tie tag ends around handle of a gift bag - It's easy to attach a tag when you have something on which to attach it.

Kindness Cards

Doing something nice for someone else can make you feel grateful for your blessings. When you realize you're able to give even the smallest bit of yourself to someone else, it shines perspective on the abundance you have in your life. It also demonstrates joy and hope to those who receive your kindness.

Kindness cards are a simple and tangible way for you to share an encouraging word that the recipient can hold onto as a remembrance of this kindness. It's the next step beyond a nice compliment (which is also a great way to show kindness).



Step 1:

Before coloring, use a pair of scissors or trimmer to cut kindness cards apart just outside the black lines leaving a bit of white space. Cutting right outside the black line is also a nice clean look. It's up to your preference.

Note: feel free to color cards first and then cut. However, I have found that cutting them apart from one another first, can make it easier to color at your leisure and also assures that you don't smudge any ink on other portions of the document while coloring, depending on which coloring medium you choose.

Step 2:

Using coloring medium of your choice (colored pencils, markers, crayons, colored pens, etc) to color the simple designs.

Tip: Color choice is totally up to you. Feel free to be traditional or trendy with your colors selection.

Step 3:

After coloring your kindness cards, place them into a compact container. Carry them with you so they are easily accessible to give to someone when your heart says they need a hug or dose of kindness that will bring a smile to their face.

Tip: Carry a pen with you so as you feel inspired, you can write a little additional sentiment to personalize the card.

Ideas For Using Your Kindness Cards

Now that you have your kindness cards colored and ready, make sure you carry them with you. Put them in your purse or bag and have them readily available at any time to bring a smile, give a blessing, or cheer someone up.



When leaving a tip for your waiter, leave a kindness card along with the tip.



Leave a kindness card on a co-worker's desk just for the heck of it or if they need a smile for a tough day.



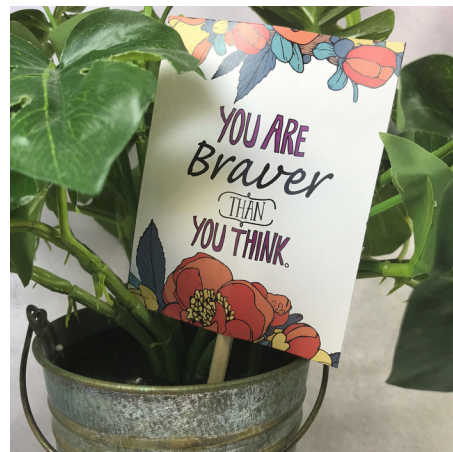
Tape a kindness card to a box of kleenex or a flower in a vase for a sick friend.



Give a kindness card to a bestie as a "just because" or "thinking of you" note.



When helping someone in need, add a kindness card to a bit of \$\$ or bag of food or toiletries, etc.



By attaching a stick to the backside of a kindness card, you can beautifully present a plant or fresh flowers to lift someone's spirits.

I hope these ideas inspire you to continue to think of ways that you can use your cards. Remember when you run out, just print more, color and relax, cut and repeat.

Kindness Tags

There are so many wonderful things that can be done with Kindness Tags. Have them readily available (printed, cut and colored) so you can use them when the need arises.

Pre-colored tags are also available to you - if you are busy and in a crunch for time, print, cut and have them available as needed.



Cut tags apart



Color tags



Punch tag hole - 1/8" hole punch



Tags are ready to attach to your gift

Kindess Tags can be added to any gift of love

Color your own
or
if in a crunch, use the
pre-colored
kindness tags



Add a tag to someone's favorite munchie.



Inexpensive treats are perfect items to add to a kindness tag.



Sparkling cider and bottles of wine.



Bag up some homemade (or bought) cookies and add a tag.



Perfect on a gift bag.



Who will receive your gift of kindness?

Kindness Rocks

PAINT AND HIDE ROCKS FOR OTHERS TO FIND

Kindness Rocks are rocks that people pick up and paint with all sorts of sentiments and images. The designs can range from simple words like "Hi!" to beautiful multi-dimensional images.

Many people, who don't call themselves crafty and have never painted before, are getting involved with this "family friendly" kindness project effort.

The idea behind this incredibly impactful random craft of kindness is to use rocks as a method of communicating and connecting with strangers while spreading kindness and gratitude in the world.



Thankful rocks
Gratitude rocks
Gratitude stones
Painted rocks

Supplies Needed:

- Smooth Rocks
- Paint Brushes - coverage and detail
- Poke Sticks - creating dots
- Acrylic Paint - variety of colors
- Micron Pen - variety of colors
- Mod Podge or other sealant

Simple Steps:

- Pick up smooth river stones/rocks
- Wash rocks, then let them dry
- Gather supplies
- Apply base color (optional). Rocks can be decorated direct to the rock surface.
- Decorate with message and image with contrasting colors - (message length is dependent on size of rock)
- On the back of the rock write "This is for you to keep or hide in a new spot for another to find!"
- Add a social media link to back of rock so finder can share a social media picture update.
- Apply a coat of clear acrylic sealer and let it dry.
- Leave the rock in a public place for other people to find,
- Repeat.



Find



Wash



Gather Supplies



Base Coat



Decorate



Seal



Finish



Hide and Repeat



Find and Repeat

Tips and Ideas:

- Use acrylic paints (outdoor use) for base coat, decorating and sentiments - variety of colors.
- Sealants - Mod Podge (matte or glossy) or spray sealants.
- Paint bushes in a variety of sizes.
- Toothpicks, skewers and small sticks for making dots (dip into paint and dab onto rocks).
- Micron or similar marker pens for writing sentiments work well.
- Find inspiration online: Pinterest and Facebook - Type in Painted Rocks or Rocks of Kindness.

An Invitation

We hope you enjoy creating these fun projects designed just for you.

It is our desire to encourage more people to make simple projects and craft it forward.

Intrigued and want to see more?
A special resource page has been created just for you. It will be continually updated with information and creative ways to extend kindness to human kind.

Access the
Create Scout
Crafts of Kindness Resource Page:

<https://createscout.com/crafts-of-kindness-resource-page/>

