

# ASTRA – KINDNESS POSTCARDS DAY

**April 7, 2026**

**A global day of creativity, compassion, and connection**



**Join ASTRA clubs around the world  
in a kindness movement!**

Students everywhere will come together to design postcards of encouragement and share them with people who could use a **little extra light in their day**. Clubs will also exchange digital postcards internationally, building bridges of empathy and youth leadership across borders.

## **Who will receive the kindness?**

- Hospitals
- Elderly homes
- Schools
- Community service workers
- Others



**Use our official hashtag:  
#ASTRAKindnessDay**



## **Why participate?**

- Spread kindness in your local community
- Build global friendships
- Celebrate creativity and youth leadership
- Make a positive impact-one postcard at a time

**Altrusa Clubs—join ASTRA in spreading kindness!**  
**Support this global project by sharing postcards of encouragement and helping make a positive impact, one message at a time.**

**Open to all ALTRUSA & ASTRA clubs worldwide**

**Register by March 15, 2026**

**Information: [altrusa.org](https://altrusa.org)**

**ASTRA - Kindness Postcard Day Registration Form link: <https://forms.gle/hQnMyttA4QhE7Jqv5>**

***Let's fill the world with color, encouragement, and connection.***