

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

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

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