

ASTRA – KINDNESS POSTCARDS DAY

April 7, 2026

A global day of creativity, compassion, and connection



Kindness Postcard Guidelines

As ASTRA members, and as part of the Altrusa family, your words are an act of service. This Kindness Postcard is a simple yet meaningful way to uplift others, lead with compassion, and reflect our mission of service—one heartfelt message at a time.

Postcard Size:

- 4 x 6 inches (recommended)
- 5 x 7 inches

Front – Design Side

- Positive images or drawings, stickers
- Bright, readable colors
- A kindness theme (hearts, hands, globe, smiles, nature, stars)

Back – Message Side

- One short, positive message
- Optional: "From ASTRA Club of ____"
- **No** last names or contact info

Messages: Use these messages as inspiration. Be creative, speak from your heart, and share kindness in your own words.

- "You matter"
- "One World, One Heart"
- "Small Acts, big Change"
- "Eres especial"
- "Hoy alguien piensa en ti"

Handmade or Digital - All formats are welcome!



#ASTRAKindnessDay

Visual Example

FRONT (Design Side)	BACK (Message Side)
 <p>■ YOU MATTER ■ (Drawings / Art)</p>	<p>"Small acts of kindness can make a big impact."</p> <p>With care, ASTRA Club of ____</p>

Your postcard may be small, but your message can brighten someone's day.