

# 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 ■<br/>(Drawings / Art)</p> <p>■ ■ ■ ■</p> | <p>"Small acts of kindness<br/>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.*