

# Friends of the Elderly Card Making Activity!

By Atfal USA Khidmat e Khalq Department



# What are we doing today!?!?

1. We will make Cards for our Elderly Members to cheer them up! This will also count as your participation for the Friends of the Elderly challenge!
2. We will Submit the Friends of the Elderly Challenge Completion form at <https://www.atfalusa.org/friends-of-the-elderly/>

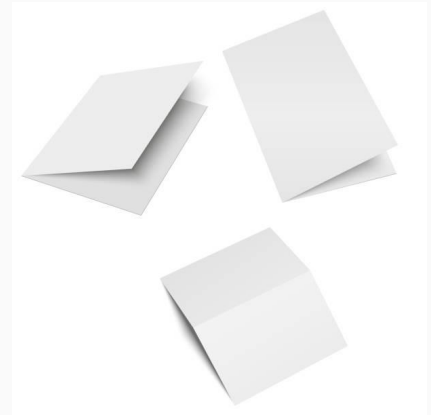
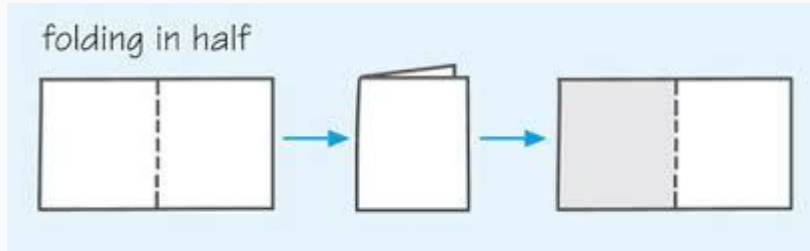
**It is very important that you fill this form out so we know that you participated!!**

# Why are we making cards for the elderly?

- ❖ The pandemic has greatly affected the Elderly and they may feel lonely.
- ❖ Social isolation increases risk of depression, anxiety, heart disease.
- ❖ We should cheer up our Elderly members and brighten their day to help them cope through the pandemic and beyond!

# Let's make cards for our elderly members and complete the Friends of the Elderly Challenge!

1. Grab a piece of paper/printer paper/ or a ready made card
2. Grab something to write with - pen/markers/crayons/colored pencils
3. Fold the piece of paper in half so it resembles a card



# What to write in the card?

- ❖ At the top of the paper, greet the Elderly member with “Assalamo Alaikum Dearest (Name of Elderly Member) Uncle/Aunty”
- ❖ Introduce yourself: “My name is (Your name) and I am (age) years old.”
- ❖ Write 3-4 sentences to cheer them up. Here’s some ideas (some more on next slide):
  - I wanted to let you know that you make me smile and happy!
  - I hope your day is going well and is filled with joy, happiness, peace, and bright sunny things!
  - You are amazing and wonderful because (List out the reasons)
  - Just wanted to let you know that I am thinking of you and you make me happy!
  - You fill my day with joy!
  - Please remember me in your prayers
  - I look forward to seeing you soon!

# More ideas on what to write:

## Cheerful Messages

- May your day be filled with all kinds of bright sunny things
- You're wonderful because ... *(list your reasons here)*
- Sending cheerful thoughts to brighten your day
- You make me smile. Just wanted you to know.
- Sending lots of hugs your way
- You make my heart smile
- I'm/We're sending love in bunches
- I'm/We're thinking of you today and everyday

# Let's finish up our card

- ❖ Sign your name at the bottom of the card.

Example: Wassalam,

(Your Name)

- ❖ Feel free to draw a picture or a design on the card to cheer up your elderly member! Examples: draw a flower, sun, smiley face, etc...

# Submit the Friends of the Elderly Challenge submission form

You have officially completed the Friends of the Elderly Challenge! Great job!!!  
Now make sure to submit the Challenge completion form so we know that you have completed the challenge. **This is a very important step**

## **Challenge Submission form:**

<https://www.atfalusa.org/friends-of-the-elderly/>



# Sending the card

After class, ask your parents to help you send your card to your elderly member.

Sending options:

- Post it via mail
- Scan and email it
- Take a picture of it and text message it
- Send with a care package.