

Kindness Heals

What message of hope do you want to share with others?

From the xenophobia towards Asians and Asian Americans caused by COVID-19, the disproportionate number of COVID-19 cases affecting Black, Indigenous and People of Color (BIPOC) communities, and to the national uprisings surrounding the Black Lives Matter movement, the times we are living in have brought attention to longstanding injustices and how we can hope to change for the better. We can become stronger together as we embrace the lesson that #KindnessHeals.

The face mask has become essential in the fight against COVID-19. Using a mask as a blank canvas to inspire and educate youth, Act to Change, the Daniel K. Inouye Institute, and the Smithsonian Asian Pacific American Center have created a personal protective equipment (PPE) mask design campaign around the theme “Kindness Heals.”

This is a three-part activity that will help you reflect on the dual pandemic that started in 2020, the message you’d like to share with your friends, family, community, and the world, and who you can turn to when you need support. On the next three pages you will find:

- A blank face mask for you to decorate
- A letter-writing activity
- A space to name and draw your support network



Time to get creative! Using the blank face mask on the next page, decorate it with a design that sends the world **your** message of hope and kindness.

What message of hope and kindness do you want to share with others?

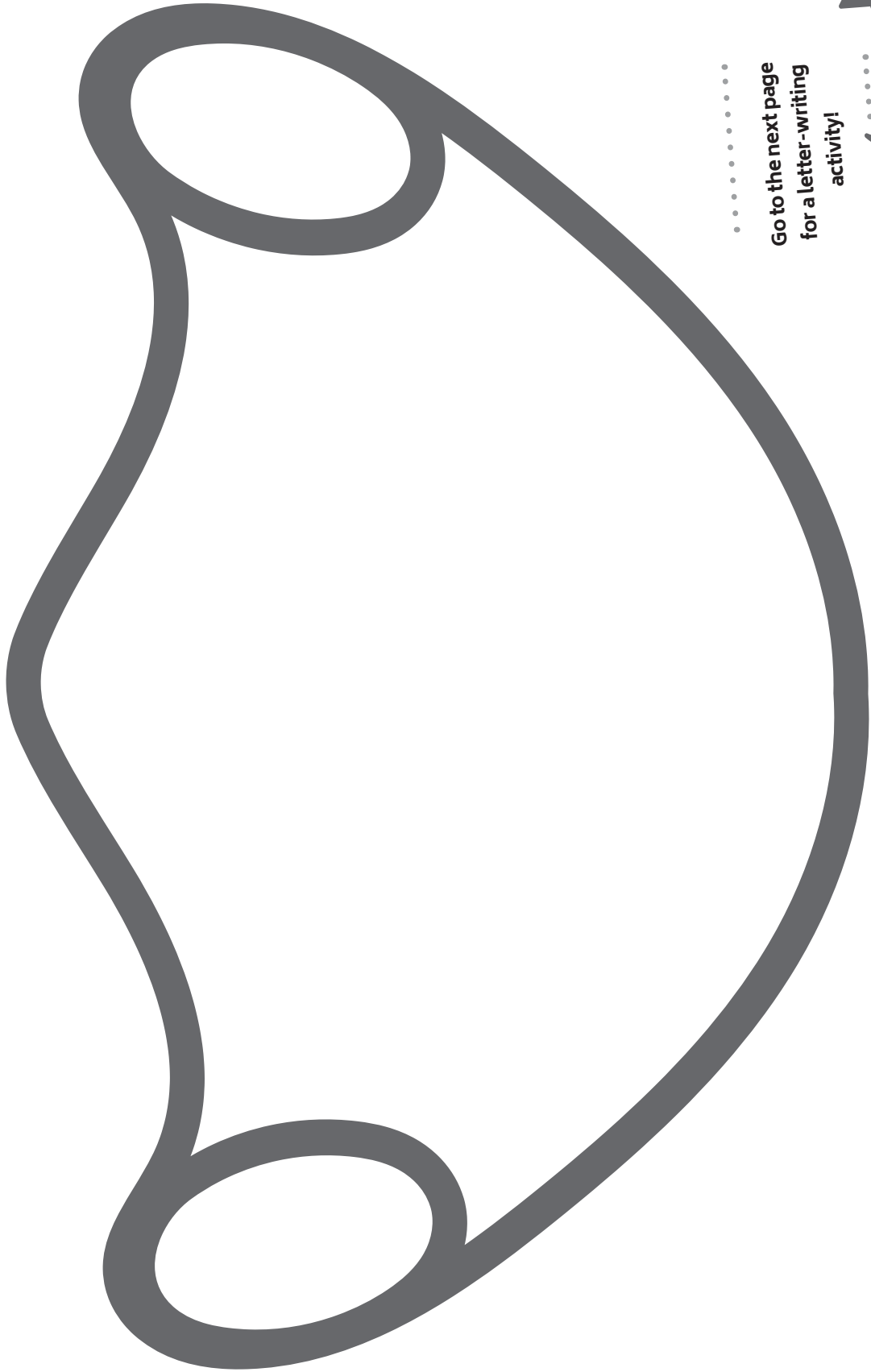
How you can do this activity:

- If you can, print the template on the next page out on paper. You can also draw your own mask on a blank sheet of paper! Use pencils, pens, colored pencils, markers, stickers, etc., for your design.
- You can also design your face mask on a digital device, such as a computer, tablet, or phone. If you need some help, ask an adult about which programs you can use.

There are many ways you can do this activity, we encourage you to use your creativity to design your mask.

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Go to the next page to design
your mask!





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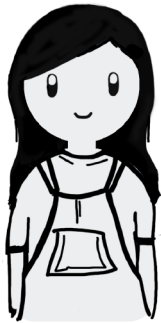
**Go to the next page
for a letter-writing
activity!**

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Who can you talk to?

When times feel difficult, who can you talk to? Who do you trust will listen to you? A trusted support network- a group of friends, family members, community members, and neighbors- can help you navigate difficult moments. In the space below, write down the names of people you can talk to, why you can count on them, and draw a picture of them.



EXAMPLE:

I can count on:

my Sister

because she always

knows how to cheer

me up!

Remember, we are in these difficult times together. You do not have to go through things alone. Talking with someone about how you are feeling can help, but it might feel like a tough thing to do. Reaching out is a big step, but we believe in you!



I can count on:

because _____



I can count on:

because _____



I can count on:

because _____



I can count on:

because _____

Thank you for taking time to do these activities! To see how others are decorating their face masks, check out #KindnessHeals on Twitter, Instagram and Facebook. Your friends at the Smithsonian Asian Pacific American Center, Act to Change, and the Daniel K. Inouye Institute thank you for your creativity, inspiration and power.



ACT to CHANGE



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