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.

Go to the next page to design your mask!
Let’s take a moment to reflect.

What are your hopes for the future?

These are unprecedented times for our families, our communities, and ourselves. Pause for a minute to think about this past year and your hopes for the future.

Write a letter. What will you remember the most about life during the dual pandemic? What lessons did you learn? What are your hopes for the future? Write a short letter to someone you would like to share your thoughts with. You can also write to your future self!

Dear ____________________________,

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

In Solidarity, ____________________________

Go to the next page to create your support network!
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!

I can count on: 
because 

I can count on: 
because 

I can count on: 
because 

I can count on: 
because 

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!

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.

@smithsonianapa • @acttochange • @DKIIInstitute • #KindnessHeals