



## Message in a Bottle

Encourage an imaginative act of kindness by making "Messages in a Bottle." Collect empty bottles (wash well!) and have family mem-bers write kind notes to friends and neighbors. Stuff the bottles and leave them anonymously on doorsteps or in mailboxes with a note that says "Messages from a friend to brighten your day! Fill this bottle for another, then give it away!"



Fill this bottle for another, then give it away!			