

The Take Notes Project

Kindness is a powerful action, driven by emotions that compel us to help others. Even small acts of kindness create a feeling of self-worth and belonging. Being kind increases positive energy and spreads a feeling of optimism. Get in the habit of practicing the act of kindness. It could be as simple as smiling at a new classmate or as important as getting help for a peer.

Herren Project Youth Ambassador, Natalie Gavalis @the.take.notes.project, has spread kindness in her school and community with her Take Notes initiative. During the pandemic, she recognized a need to inspire others. She took the time to create handwritten notes of hope to distribute throughout her school and community. She replenishes the notes and continues to boost happiness and optimism in others.

How to get started:

1. Print and cut out the Take Notes cards.
2. Create your own Take Notes using the blank cards provided.
3. Distribute Take Notes to others in your school, family, and community.
4. Also, take a note and be kind to yourself!

Post your notes using the hashtags #ActOfKindness #WWWH2022 and tagging @the.take.notes.project @beyouth.hp @herrenproject.



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Take Notes are little hand-drawn cards designed to spread positivity and joy. Give one away and keep one for yourself. Use the designs below and/or make your own! Be sure to follow Natalie Gavalis @the.take.notes.project on Instagram for updates and more designs.

Your inner
strength
is limitless

@the.take.notes.project

I believe in
YOU!

@the.take.notes.project

*No storm lasts
forever*

There is always
hope for
clear skies.

@the.take.notes.project

YOU
ARE
ENOUGH

@the.take.notes.project

@the.take.notes.project

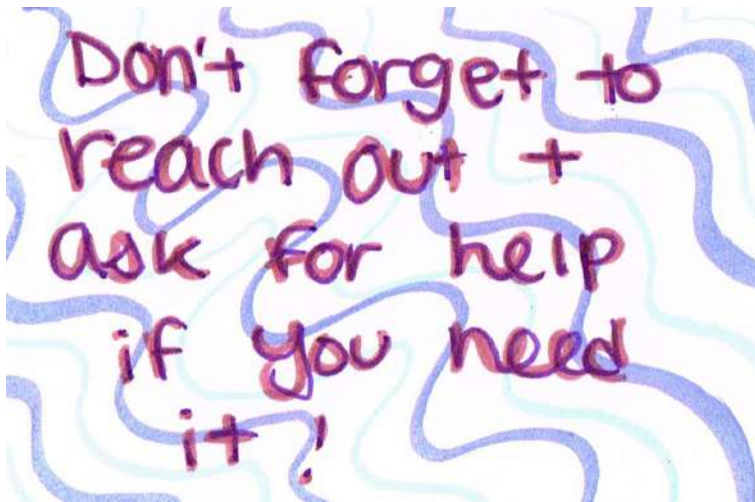


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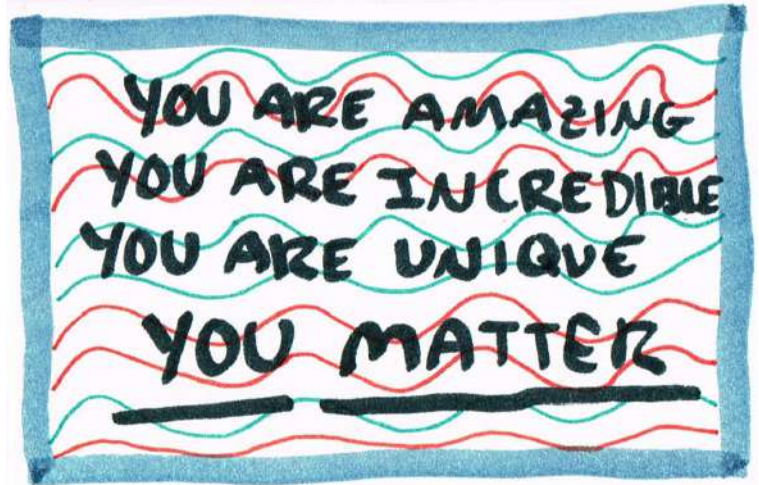


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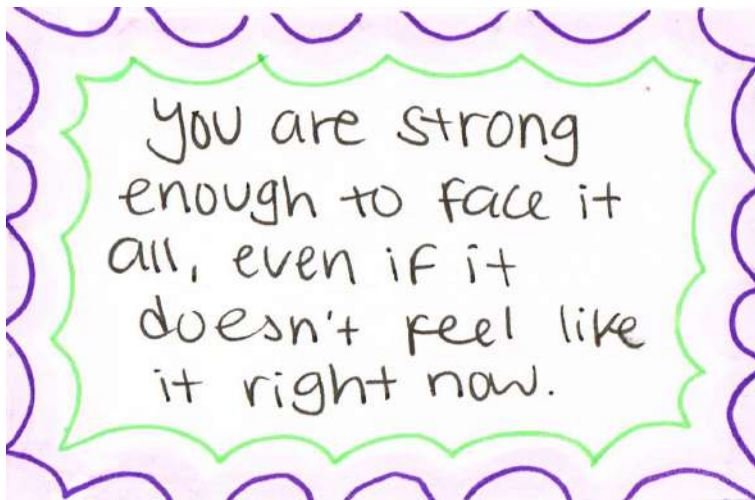
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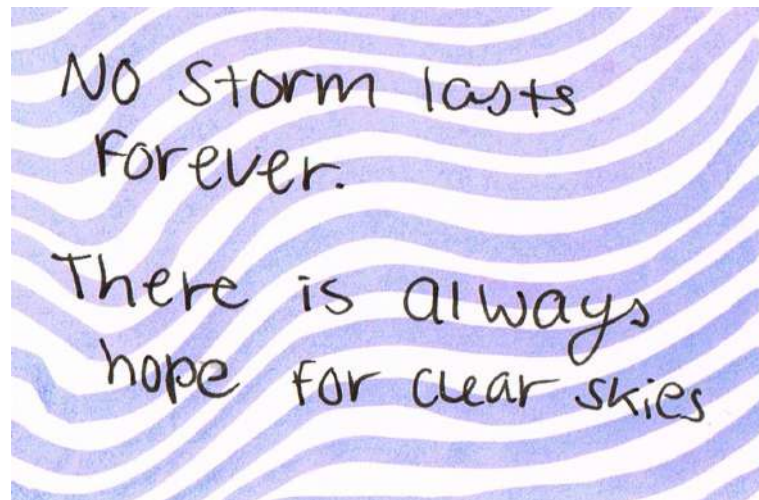
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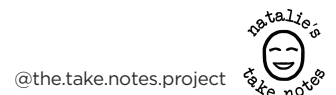
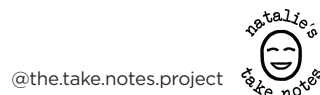
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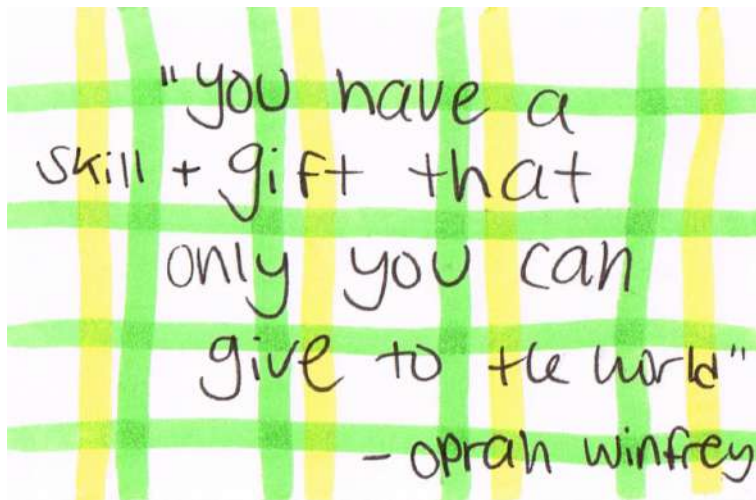


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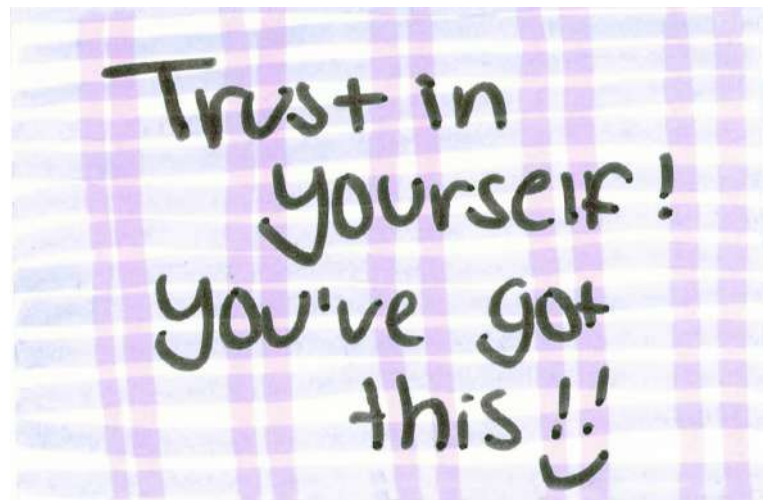


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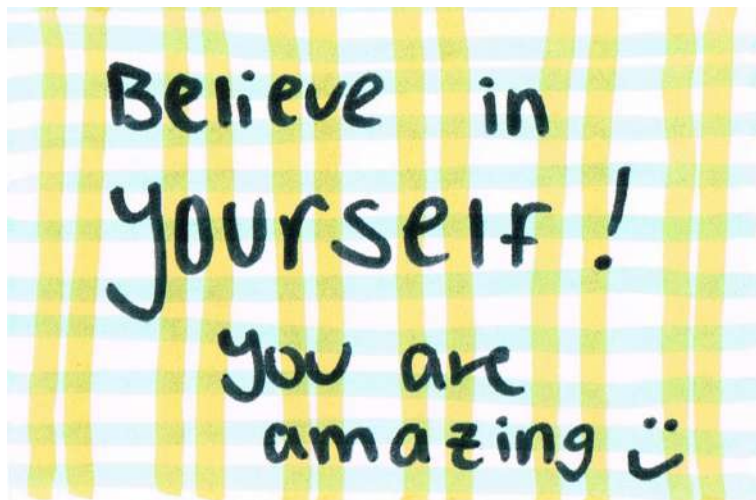
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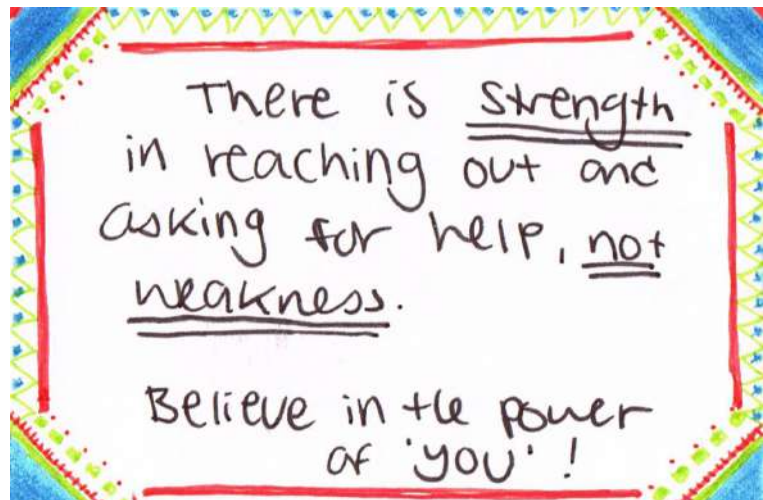
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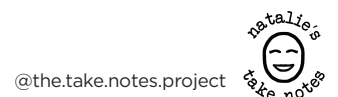
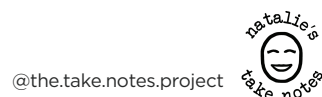
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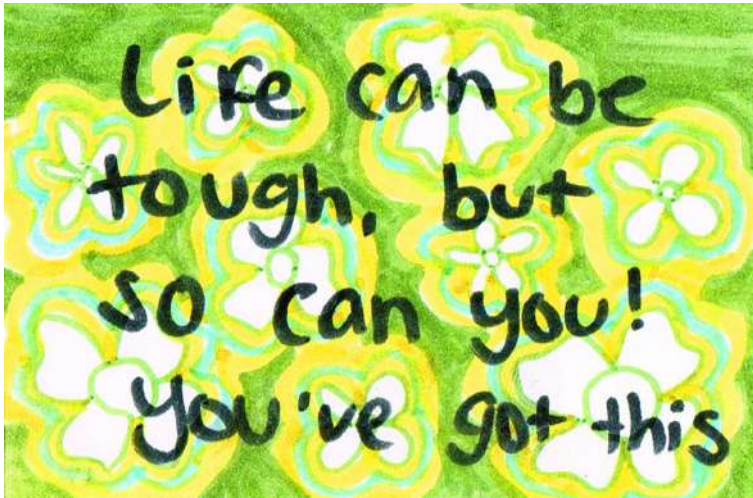


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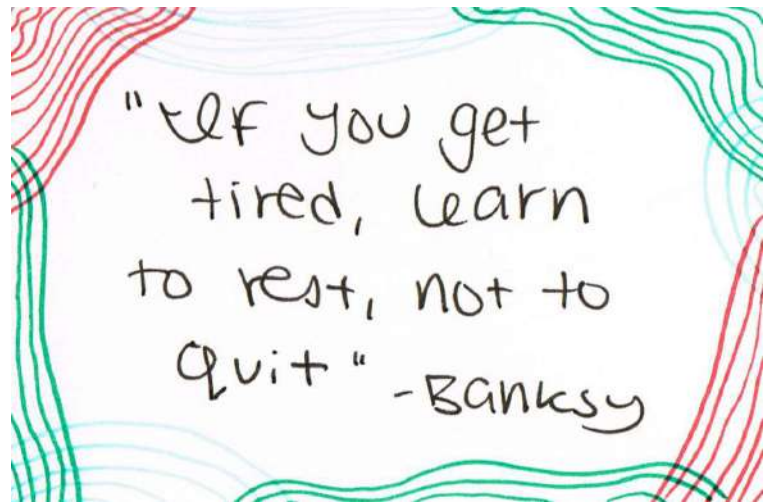


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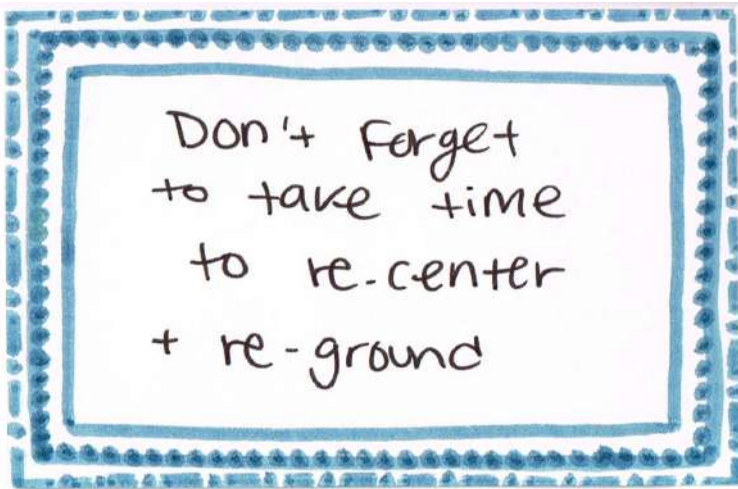
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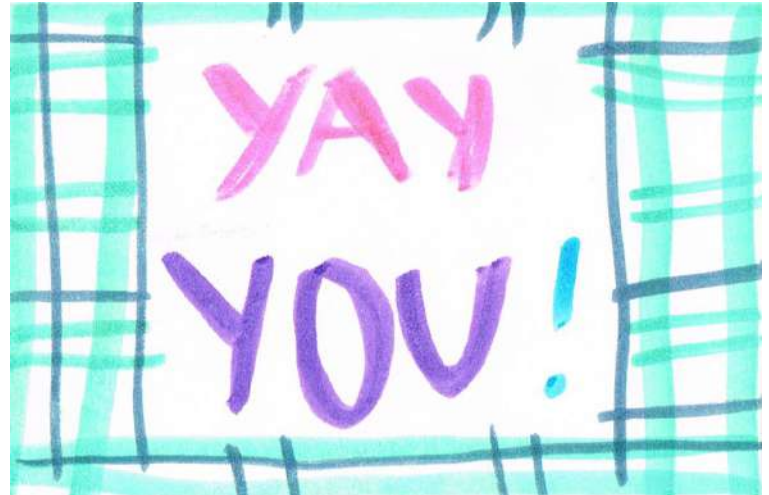
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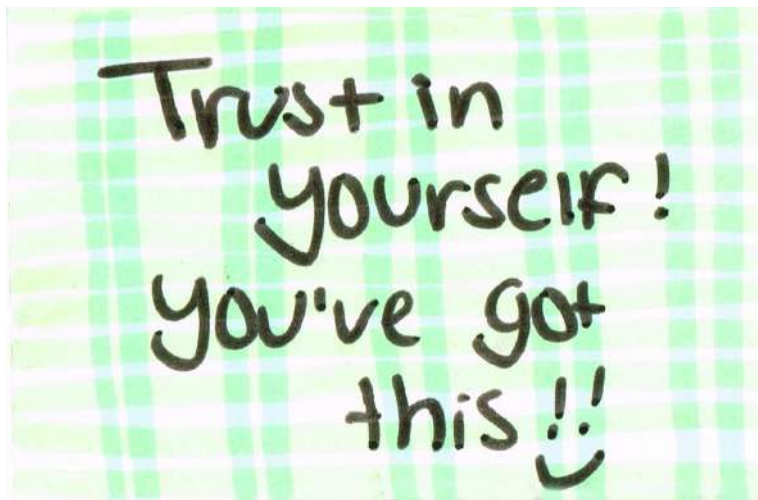


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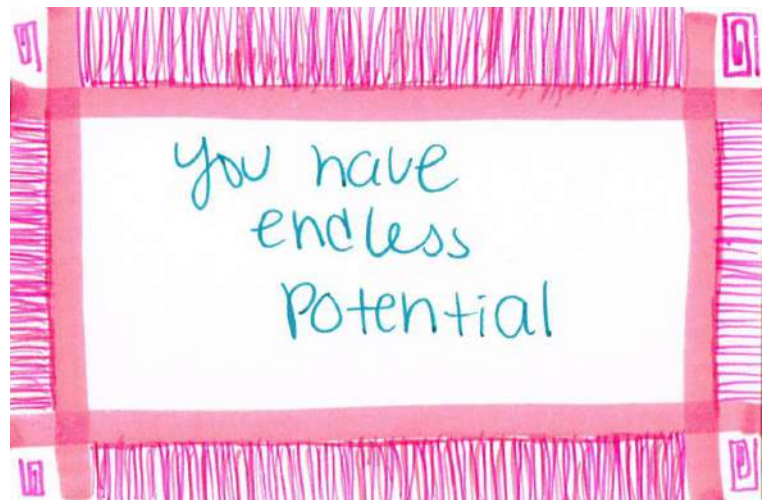


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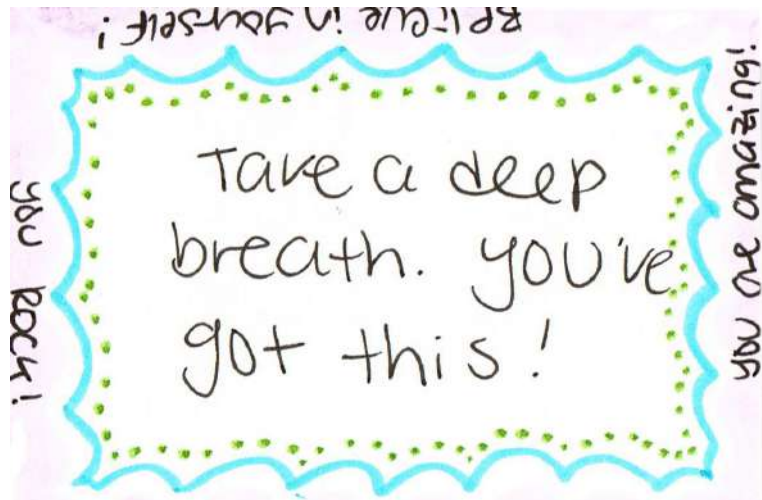
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