

Top 5 Student Recommendations for the Kindness Cards Initiative (HKIN 162):

1. **Nutritional facts:** We can improve this Kindness Card initiative by getting more people involved in this program. It would be nice if seniors can get new card every two weeks and have something to look forward to. Also, the seniors would benefit a lot from receiving some sort of handouts such as, basic, simple information about nutrition and exercise. This could be one page, information to remind them to eat well, drink water and take vitamin D. They can have this handout on the fridge, so they can see it every day. Also, handout with 3 to 4 simple stretching exercises would be beneficial for seniors and may encourage them to stay active every day.
2. **Audio recordings:** Apart from kindness cards, I also have another idea that is recording interesting audios such as songs or any motivational speeches for elderly people so that they can easily listen to them and enjoy them.
3. **Video messages:** I feel a new idea could be creating and sending in short videos with some positive messages in them. If students are comfortable and with consent, some university classes could make it a small project where all the students can send in a short clip with a positive message. As a class or as a group, they can connect their clips to make a video that can be sent to different care home facilities. This could give people the chance to see smiles and feel more connected than just reading letters from students and people from all over. This could be another way to keep everyone feeling connected and an alternative idea to the kindness cards.
4. **Colourful template:** Art and craft is part of hobby. In kindness card, I might prefer to add more pictures. Moreover, I can set more colorful background. Colors have great impact on reader. Different colors enhance the meaning of the text on the card. Therefore, these changes might prefer to do in the kindness card. In order to make Kindness card more better, I has chosen the template letter with hearts which indicates this indicates the kindness card will deliver inspirational message regarding people who suffered from hard times.
5. **Personalized cards:** I think it would be nice to personalize the cards a little bit. Maybe people interested in writing a card can be assigned a randomly generated individual where a little bit about that person is shared like their name, age and maybe some hobbies or their favourite things. That way the card isn't so generalized and it can include a message that is more meaningful to the senior.