



## Girl Scouts x Wish of a Lifetime from AARP

### National Service Project: Cupid Crew Cards for Valentine's Day

#### Tips for creating your Cupid Crew Valentine's Day cards

Valentine's Day is the perfect opportunity for you and your troop to reach out and show others that you care—especially those who may be alone on a day that's all about connection!

For our second year, Girl Scouts of the USA is teaming up with Wish of a Lifetime from AARP, an organization dedicated to celebrating older adults' stories and forging intergenerational connections, for Cupid Crew 2022, a volunteer-driven effort to safely create heartfelt cards for older adults who are socially isolated. Building on last year's momentum, Wish of a Lifetime hopes to send nearly a quarter million cards through the Cupid Crew campaign.

Even though we must all remain socially distant, you can still help spread joy to older adults by writing Valentine's Day cards as a part of the Cupid Crew National Service Project.

See below for some recommendations on how to create your special message.

#### What should I know before I create my card?

- **Write your card by hand.** Giving your card a personal touch can show your reader how much you care. *Plus*, it gives the card your unique stamp! No one has your handwriting but you.
- **Make sure your handwriting is neat.** Your recipient wants to be able to read the wonderful words you write to them!
- **Make it personal.** Let your creative side shine with bright colors, glitter pens, drawings, and other personal touches!
- **Make it extra special for Valentine's Day.** Think about the cards you receive from friends and family for Valentine's Day. Imagine how touched your recipient will feel to know you put your love into their card.

#### What should I write about?

- **Be kind and thoughtful.** When you begin to write, think carefully about what you want to say and how you can spread kindness. How can you make the card extra special?
- **Be creative.** Use your creativity, imagination, and talents to make your note fun and unique! Consider drawing a picture, decorating your note, or adding a puzzle

or game. In the spirit of Valentine’s Day, include a heart, rose, or flower that you create!

- **Start with “Dear Friend.”** Even if you don’t know your reader by name, this warm greeting will make them feel special and cared for.
- **Introduce yourself.** Let your reader know who you are and why you’re writing. You might let them know you’re a Girl Scout and share what being a Girl Scout means to you!
- **Send positive thoughts.** Share your positivity and well wishes. What do you hope for your reader right now?
- **Give some personal flair.** Share something that only *you* can. Is there something you’ve been doing that you want that person to know about? Can you share a story that will make them happy?
- **Avoid religion and personal views.** Since we don’t know exactly who will receive your card, make sure that your note is kind and broad—so that anyone who receives it will feel it’s meant for them.
- **Sign your first name.** Sign your name to the card to show your reader it’s coming from a kind and genuine person: you. While it’s important that this card come from you, make sure not to share personal information (like your last name, home address, or phone number)—if the reader knows your name and that you’re a Girl Scout, that’s more than enough.

*Wish of a Lifetime from AARP grants wishes to people 65 and older in recognition of their special accomplishments, contributions, and sacrifices. As one of AARP’s charitable affiliates, Wish of a Lifetime helps people achieve long-held goals while also combating the negative effects of isolation and strengthening social ties and intergenerational connections. Connecting wish recipients with the people and passions that are important to them is central to the organization’s work. To learn more, visit [www.wishofalifetime.org](http://www.wishofalifetime.org) or follow @wishofalifetime on social media*