

What are Kindness Coins?

Kindness Coins are mini pieces of art, meant to offer inspiration and, hopefully, are a happy surprise to the lucky recipient. Leave them in unexpected places for others to find. Enclose them in cards you send. Slip one to your barista, the checker at the grocery, or wait person, etc. Let your imagination run free as you think of places to leave them. We give them to our local cancer center.

Adapted from “Artist Trading Coins” created by Joann Hodges, AKA Crafty Hodges, YouTube. Jean McBride and Viviane Ephraimson-Abt wrote this set of instructions. We’ve been making and sharing Kindness Coins since 2018 at the Soul Connections Studio and Mindful-Insights.Org in Fort Collins, Colorado. If you share this practice, please do so for free and give credit.



What you need:

- Heavy mixed media paper or junk mail cardstock, file folders, cartons
- 2.5 inch round paper punch or round template to make them into coin shapes
- Or, cut 2.5 inch squares instead or other small sizes of paper
- Glue stick and white glue.
- Scissors
- Collage materials (magazine images, stickers, wrapping paper, painted paper, scrapbook paper, artwork, napkins, calendars and used greeting cards)
- Waterproof pens and colored pencils to draw or doodle instead of, or in addition to, collage. White and metallic pens are wonderful too.
- Inspiring words or phrases (hand letter, printed words, art stickers, rubber stamps, phrases from magazines)
- Soft cloth for burnishing (old tee-shirt works well)

Optional sealing and finishing supplies:

- Mod Podge or matte/gloss gel medium to seal the collage
- Jar with water and brush for applying the sealant
- Emery board or fine grit sandpaper to even out the edges
- Brown or black inkpad and applicator to put color on the edges
- Neutral shoe polish (or finishing wax)
- Paper towel

Instructions:

- ✓ Glue two circles or squares cut from heavy weight paper together using a glue stick or white glue to create a base. Burnish well with cloth and set aside to dry. Place under something heavy to keep them flat. Some paper is heavy enough that you do not need two layers.
- ✓ Select image, collage or artwork for the front. You can also draw, paint or doodle if you do not want to collage.
- ✓ A glue stick is best for adhering images, especially those from magazines. Burnish well with cloth.
- ✓ Add a word sentiment, using a glue stick. Again, burnish well. You might call it done here or proceed with additional finishing steps.

Optional finishing steps.

- ✓ Outline the sentiment with a marker or pencil, to make it pop.
- ✓ You can decorate the back of your coin/card. You can also sign your coin/ card or stamp it. You can add doodles or other marks.
- ✓ When your composition is complete, apply a coat of Mod Podge or gel medium to seal the collage. Allow to dry.
- ✓ Once dry, use your emery board or sandpaper to smooth out the edges, if needed.
- ✓ Use a black pen or inkpad to go around the edges, to eliminate the white edge and give it a finished look.
- ✓ With a paper towel, apply a thin coat of neutral shoe polish to your coin. Once dry, buff with your burnishing cloth.



If you have any questions, email- viviane.abt@gmail.com



What is kindness?

"Kindness is based on personal stories. It is not a place or a thing, although places can have a special niche in our memory, and things may be gifts of kindness. Kindness can exist only **when one person chooses to act with heart toward another**. It is a gentle and quiet quality and yet it is the stuff that glues humankind together." ~Breathe magazine, Issue 7

- People sometimes do not remember their own acts of kindness. When it feels natural to give, people can no more remember being kind than they remember breathing. When we have the opportunity to be kind to someone, it is shown to boost our mood and health. So savoring when we are kind is good for our wellbeing.
- Random acts of kindness are often the most memorable—the unexpected kindness of a stranger can make us feel blessed and special.
- Kindness is a feeling rather than an event.
- Many people associate key life events with memories of people being kind, but may not be able to remember the details of the kindness.
- The most profound experiences of kindness take place when we are at our most vulnerable—when we are traveling or are ill or in distress.
- Sometimes to receive kindness means taking a risk—the risk of making ourselves vulnerable, letting go of control or putting our trust in a complete stranger in unfamiliar circumstances.
- Kindness can lead to trust between people, transforming our perception of the world.
- Even the smallest act of kindness can have immense power. It can transform a negative into a positive, a warm smile can lead to friendship or create a sense of belonging, a listening ear can offer hope when there is despair. When we are kind, alchemy takes place. The energy changes. The giver and receiver feel good about themselves. The recipient of a kindness might be inspired to pass it along. So the magic spreads and the energy continues.

Kindness is a gift when offered with a good heart. When we nurture our capacity for kindness, we gladden our hearts and take more notice of those around us. But the true magic of kindness is that it has the power to transform both the giver and the receiver.

Kindness is the kernel that lies at the heart of other human values such as compassion, forgiveness, love, friendship, hope and generosity.