

silk elephant

SIMPLE ACTS OF LOVING KINDNESS

Take this heart
And hold it close
Think of loved ones
You miss the most



Take this heart
And give it a squeeze
Once, Twice
As many times as you please



Take this heart
And close your eyes
Imagine your beloved
Right there by your side



Words written by Jo Deighton,
Kindness Ambassador, Silk Elephant
www.silkelephant.org.uk

Heart(s) made with love by



