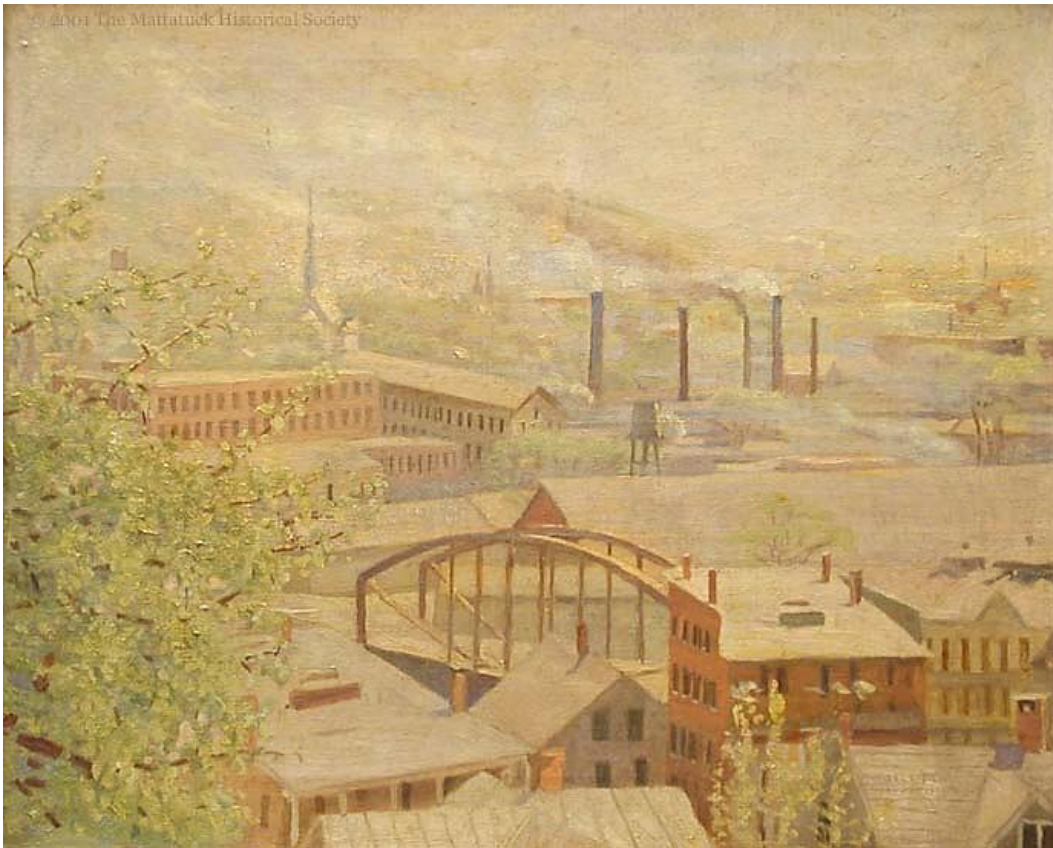


## Scenes of Waterbury

### Notes of Kindness

Elsie Rowland Chase shared her art with friends and family, using them for inspiration and sharing images with them.

What are some kind words that you can share with your friends and family?



Elsie Rowland Chase, *Waterbury*, 20<sup>th</sup> century, oil on canvas.

**Duration:** 20 minutes

**Materials:**

- Envelope
- Notecard
- Pen or pencil

**Instructions:**

1. Look at the kind words and inspirational quotes in your packet for inspiration.
2. Write a note to a friend or family member. What kind words would you like to hear from someone else?
3. If you want to share with us, send it to [Heather@mattmuseum.org](mailto:Heather@mattmuseum.org).

**Other Ideas:**

Include a landscape on the back of the kindness notes that you create. It can turn into a postcard!

Try writing a poem or a story instead to share with your family and friends.