

**YOU'VE BEEN  
HEART-ATTACKED!**



**NOW, PASS IT ON!**



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# INSTRUCTIONS

1. Think of someone who needs a boost of encouragement and love.
2. Cut out several hearts on red, pink or white paper. Go to the Orem Public Library to get pre-cut hearts in a starter Heart Attack Pack or use a heart stencil found on our website, [orem.org/kindness](http://orem.org/kindness).
3. Write kind notes on the hearts.
4. Tape the hearts and the “You’ve Been Heart-Attached” paper to the person who needed love.
5. Take a photo and upload it to our website, [orem.org/kindness](http://orem.org/kindness), to be entered into a giveaway for amazing Valentine’s Day prizes.



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