



PROJECT IDEA

Hello Cards *By Jessica Ryan*

Kindness speaks in all languages. Make hello a habit! Connecting with conversation is contagious. Saying hello doesn't guarantee a response; but most people will respond. This instills confidence and optimism. Human connection starts with hello. You always carry the power to make someone smile. Think about the opportunities in your community and everyday life to say hello.

HOW TO

Pick from the following formal and informal phrases to say hello:

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|--------------------------|------------------------|
| 1. French : Bonjour | 12. Swahili : Habari |
| 2. Spanish : Hola | 13. Dutch : Hoi, Hallo |
| 3. Russian : Privet | 14. Greek : Yassou |
| 4. Chinese : Ni hao | 15. Polish : Witaj |
| 5. Italian : Ciao | 16. Indonesian : Halo |
| 6. Japanese : Konnichiwa | 17. Hindi : Hai, Helo |
| 7. German : Guten tag | 18. Turkish : Selam |
| 8. Portuguese : Ola | 19. Hebrew : Shalom |
| 9. Korean : Anyoung | 20. Swedish : God dag |
| 10. Arabic : Ahlan | 21. Norwegian : Hei |
| 11. Danish : Goddag | |

Use these opportunities in your everyday life to say hello:

- Waiting in line at a store.
- To an employee working.
- At the park.

ITEMS NEEDED

1. Index cards
2. Markers
3. Hello translations for group to see

- Grabbing a grocery cart.
- Waiting for an elevator.
- When you see your neighbors.
- Ask the group for other examples in school &/or community.

Once you have memorized a handful of hellos over time, you can look into other phrases to learn; such as: please, thank you, good bye, you're welcome. No one is ever offended if a stranger says hello. Everyone wants to feel accepted, acknowledged and included; just as you do!

Contact ambassadorsupport@kindnessmatters365.org for questions or comments. 😊