

? how to make a traveling  
postcard ?



## MATERIALS

\***heavy cardstock**, precut or cut to 4" x 6" or 4 ½" x 5 ½"

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::computer or construction paper is too thin and
flimsy for a TP.  the added weight of
cardstock/watercolor paper increases the card's
durability and conveys our intention of lasting
support.
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you can find this type of paper at Staples, or local or chain art supply stores (like Blick or Columbia)

::resale/recycled art/thrift stores often have bins of blank cardstock. this is definitely the most affordable option :)

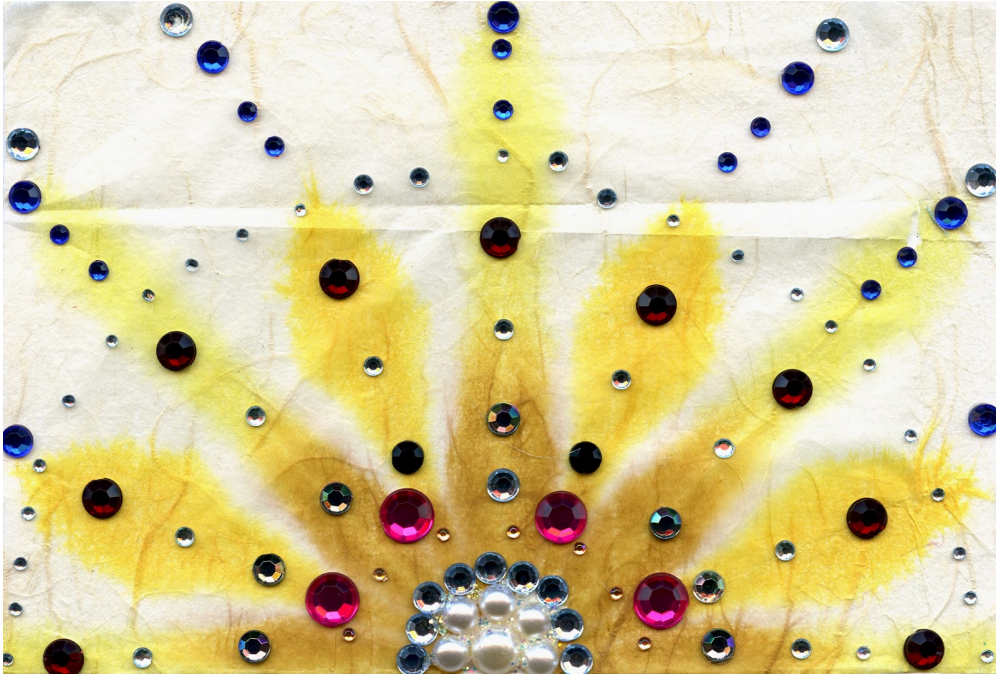
::for watercolor card paper, brands like Strathmore & Canson have great material.



**\*media to create your card.** the creation process can be one of discovery as you flip through magazines and books, unsure what you may find. or, you can collect materials after spending some time thinking about what you want your card to convey--which colors, symbols, images, textures? below are some examples of materials to work with.

::utensils like colored pencils, markers, watercolor paints, crayons, colored pens, & ink  
 ::stamps  
 ::sticky jewels or letters  
 ::feathers, ribbon, lace, fabric, glitter  
 ::glue  
 ::scissors  
 ::printed/decorative papers  
 ::magazines and books to cut images/text out of;  
 mags like National Geographic or art publications tend to provide lots of material



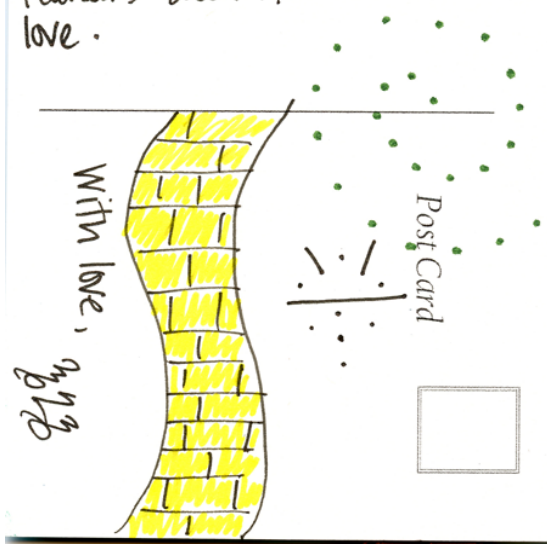




\*your word/s: we encourage you to decorate every centimeter of your card, back and front. many participants create a visual composition on the front of the card and use the back to write a message to the recipient. some people write full sentences, some use a few or one word to convey their message.



Dear Sister,  
 You are not alone. Make your  
 wings and fly from the circle  
 of victimhood into the land of  
 Survivor's — Your sisters are  
 waiting there, in the land of  
 fearless breath, and endless  
 love.





## TIME

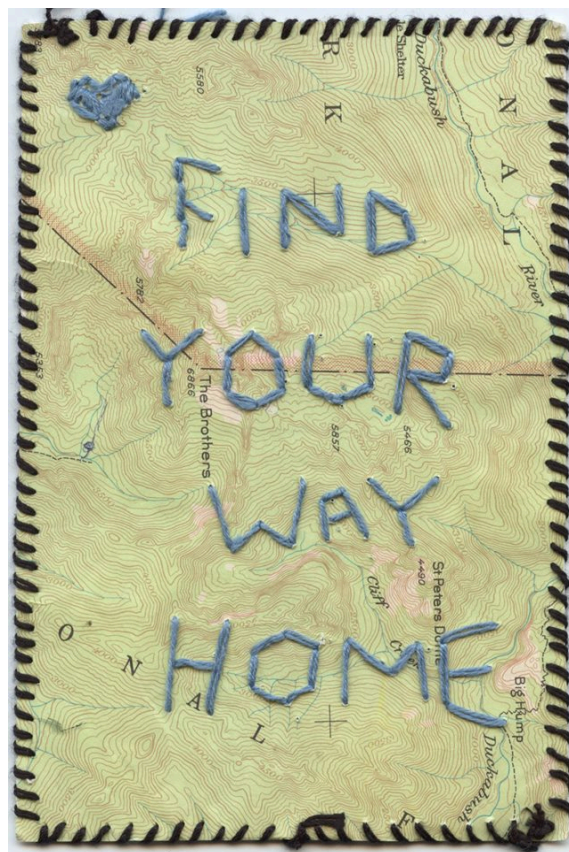
set aside **between 30 minutes and one hour** to make the card. if you are able to create a relaxing, comfortable space with as few distractions as possible, this focus and intention will reflect in the quality of your card. making the card is as much **an opportunity for you to heal and connect with yourself as it is to offer healing and connection to another person** who needs it. we recommend you

- ::put on music you like
- ::find a comfy chair/workspace
- ::gather friends or be in solitude

## GUIDANCE

putting down the first marks on that blank card can be the most challenging part of this process! find guidance and inspiration in

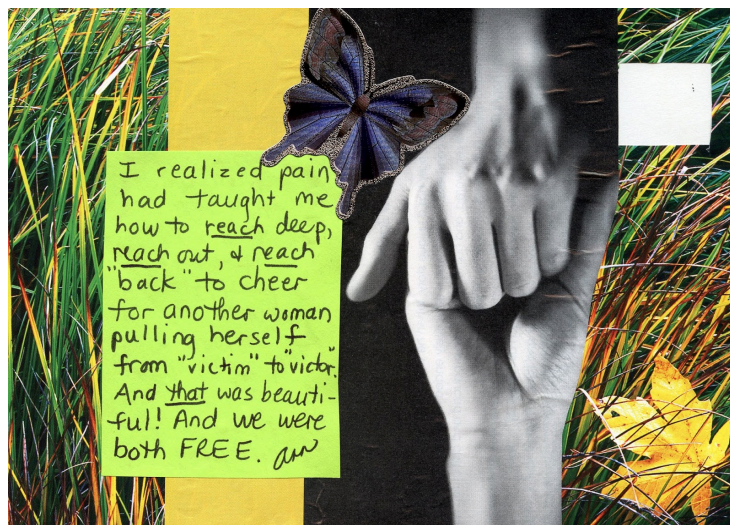
- \*the visual: colors, images, patterns, symbols, textures you like. **start with one element and build your card around it.**



\*the opportunity to share your voice: draw (literally and figuratively :)) from your own experience of pain and frustration around systemic, gender-based violence. your life experience is your wisdom--share your insight and survival techniques in overcoming pain. know that other people will benefit from receiving your compassionate reflections.

\*connection: the act of creating and sending this card will forge a physical connection between you and the recipient, though you will never meet. consider how this connection always exists between individuals and communities. though there is vast diversity in human lifestyles, our actions constantly and inevitably affect each other. **this card empowers you to channel that interconnectedness toward empathy, healing, and positive transformation.**





\*the recipient/destination: these cards will be exhibited and viewed by everyone from public policy makers to survivors of domestic violence to people who may be unaware of the pervasive reach of gender-based violence. what do you want these people to know? **create with the recipient of your card in mind, knowing that ultimately your card is a gift for a survivor**, reminding them they are not alone.

\*your heart: allow yourself to **offer the love and capacity for connection we all possess and need**. this gift is among the most powerful you can give. know that it will be tremendously impactful and appreciated.

\*Wrap up and mail your postcards to:  
(Never put postcards directly in the mail without packaging)

Traveling Postcards  
40 Fourth St #260  
Petaluma, CA 94952  
USA

Questions? Email [info@womenswisdominitiative.org](mailto:info@womenswisdominitiative.org)

Thank you!!