

ALL YOU NEED TO KNOW
TO MAKE
SOME BAGS OF COURAGE...



This is a really simple idea - all of us will know of a friend, colleague, neighbour or a complete stranger that could do with a spot of encouragement - why not reach out and be their encouragement through this project! A great project to do with a friend or two!

FIRST GET YOURSELF

**a simple
gift bag**

&

**A FIVER
(£5)**

.....
Then hit the shops...we've included a list of items we like to pop in our bags of courage on the next page...

PACK YOUR BAG

**include a little
note**

(printable version included in
next page)

TIME TO DELIVER

Deliver your bag - either in person or anonymously during Give A Day week!

We'd love to hear your stories & see your pictures!

Email info@carlislevineyard.com



YOU ARE

AWESOME

a bag of courage just for you

www.giveadaytothecity.org



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S O M E I D E A S . . .

Bags of courage are very simple! Encouragement literally means to pour courage into someone else. We all need a little encouragement often. This is just one way to spark a revolution of encouragement! Wouldn't it be great if Carlisle was known as one of the most encouraging places?

Below are some hints and tips about what to pop into your bag of courage!

You can often find gift bags at a low price in many shops in town or if you're making a few bags of courage why not buy A5 sized white paper bags?

You can print off either of the postcards as a tag or little card to go into your bag of courage. (These and the logos are available as files too if you want to make or print anything else for your bag of courage - email rhoda@carlislevineyard.com!)

We recommend popping things like chocolate, sweets, biscuits, tea, coffee, a little decorative something for someone's home in your bag...but the options are endless!