



# Hearts in Unity

## “Messages from the ♥ Heart”

Writing postcards to the students at  
Seela Primary School & Maring’a Juu Primary School  
in Tanzania, Africa.



The students in Tanzania are excited to receive your decorated postcards with your greetings and message of friendship.

To prepare your postcards:

1. Print or photocopy the postcard artwork directly onto heavyweight paper (card stock or cover stock).
2. Cut the paper into 4 separate postcards (cut on the dotted lines).
3. Add your drawing/artwork on the BLANK side of the postcards (preferably using colored pencils). You can also use stickers to decorate the postcards.
4. Add your hand-written message to the postcard here...



Below are some ideas for phrases and sentences in Swahili that you are welcome to include on your postcards. While Swahili is the native language in Tanzania, you can also write your message in English, if you choose.

Swahili words/phrases you can include in the message on your postcards:

Hello	Jambo
How are you?	Habari yako?
I am fine.	Mimi ni mzima.
My first name is _____.	Jina langu ni <u>(name)</u> .

You are loved.	Unapendwa.
Have a good day.	Uwe na siku njema.
Peace be with you.	Amani ikae nanyi.
Good luck.	Bahati njema.

Additional phrases that children can include on their postcards:

I am _____ years old	Mimi nina miaka <u>(age)</u> .
I have ___ sisters and ___ brothers	Nina dada <u>(number)</u> na kaka <u>(number)</u> .
I am in grade ___ at _____ school.	Mimi nasoma darasa la <u>(grade)</u> katika shule la <u>(name of school)</u> .
My favorite class in school is _____	Somo ninalolipenda kuliko yote ni _____

English	Kiingereza
Science	Sayansi
Math	Hisabati

Social Studies	Maarifa ja Jamii
Geography	Jiografia

History	Historia
Art	Stadi za Kazi

Additional phrases that adults can include on their postcards:

My name is ___ and I am the mother of one child.	Jina langu ni <u>(name)</u> na ni mama wa mtoto 1.
My name is ___ and I am the mother of (#____) children.	Jina langu ni <u>(name)</u> na ni mama wa watoto <u>(# of children)</u> .
My name is ___ and I am the father of one child.	Jina langu ni <u>(name)</u> na ni baba wa mtoto 1.
My name is ___ and I am the father of (#____) children.	Jina langu ni <u>(name)</u> na ni baba wa watoto <u>(# of children)</u> .



Return your postcard(s) to Hearts in Unity for delivery to the children in Tanzania, Africa.

Hearts in Unity ♥ P.O. Box 41 ♥ Germantown, WI 53022 ♥ USA

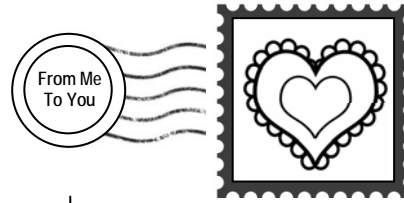
You can include multiple postcards in a single envelope to Hearts in Unity.  
Monetary donations to help offset the cost of mailing postcards to the Tanzanian children are always welcome and appreciated.

(Our current shipping cost to Tanzania is \$3 per pound)

Asante sana!

♥ www.heartsinunity.org ♥

Thank you!

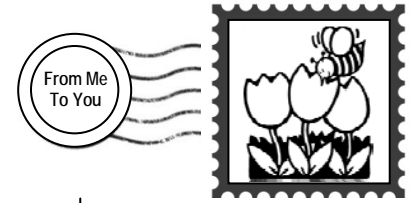


To:  
Rafiki yangu  
My friend  
Tanzania  
Africa

Haya ndiyo ninayokutakia katika maisha yako...

Bwana awabariki na kuwalinda,  
Bwana awainulie uso wake na kuwabariki,  
Bwana awaangazie nuru ya uso wake na kuwapa

[www.heartsinunity.org](http://www.heartsinunity.org)

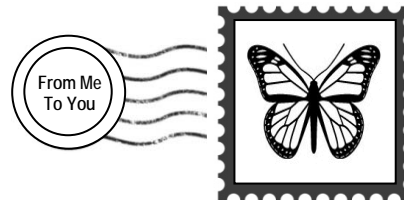


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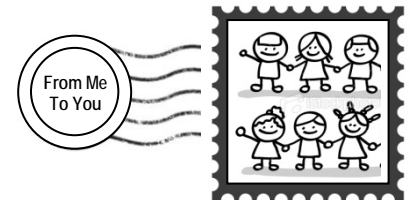


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