



**Kinnections**  
*strengthening community in care homes*

# Heartfelt Cards

This Resource has been created as part of the Kinnections  
- strengthening community in care homes project.

**[www.myhomelife.uws.ac.uk/scotland/kinnections](http://www.myhomelife.uws.ac.uk/scotland/kinnections)**



As right  
as rain

Well thought-of

On the  
same page

Up for it

In my element

Peace of mind

At home here

Proud as punch

Folk know  
me well

A real fondness

Well-impressed

Safe as houses

Buzzing

Braw

Up to mischief

Over-the-moon

Taken care of

Digging deep

Tongue-tied

Fish out  
of water

Running out  
of steam

Driven up  
the wall

In a pickle

Heavy heart

Under pressure

Fed-up

Uncomfy

Up to high doh!

Left out

A bit iffy

Crabbit

Bothered

Feart

Shoogly