

# Thankful Notes

Here is a fun thankful activity that can be a one time thing or something you do weekly or monthly. You write a note of thanks to someone.

Many of us “force” or encourage our kids to do this after they receive a physical gift. But what if we made it fun and had them do it to tell someone why we are thankful for them, or just thanks for being them.

There are so many ways to do this. You can use the attached page to send a quick note to a sibling, parent, friend, or neighbor. You can also write real snail mail to someone and start a conversation. It’s great for you as the parent to set an example and do it as well with your child. Pick someone you are truly thankful for.. a fun aunt, a former foster parent, a coach, even a famous person and write a real letter and send it.

There are a lot of ways and things to say thank you for. Have your child think about the things they love about the person, have them think about the things that person does for them, they can also think about the things that person does for the world (teacher, foster parent, in the army, health care worker). Then it helps if the child has some ideas of what to say. Here are some ideas:

Thanks for making time for me.

Here’s just a note to say I’m thankful for who you are.

Thank you for helping others.

Thank you for making others feel special.

Thank you for being such a good friend.

Thankful Notes:



*bear-y much for being you.*

Dear \_\_\_\_\_,

*Thank you for*

*Always.*