



LET'S TELL OUR FRIENDS
& NEIGHBORS
"I APPRECIATE YOU!"



LETTERS OF APPRECIATION

Each of us has an assignment. Write notes to 4 people:

- 2 friends or relatives we haven't seen in a while to say I MISS YOU!
- 2 people we have never met, to say THANK YOU for being you, for making our world a better place, and I CARE ABOUT YOU!
- Use your own paper/cards or print out the stationary on the next page.
- Then MAIL it to them to brighten their day!

I MAILED A NOTE TO THESE FRIENDS OR RELATIVES:

Name: _____

Why I wrote to them: _____

Name: _____

Why I wrote to them: _____

I MAILED A NOTE TO THESE PEOPLE I HAVE NEVER MET:

Name: _____

Why I wrote to them: _____

Name: _____

Why I wrote to them: _____

To download this prompt and for more Screen-Free activities visit:

WWW.SCREENFREE.ORG/RESOURCES



HELLO! I THINK
YOU'RE AWESOME!

I'm spending my 2023 Screen-Free Week appreciating YOU!

Want to participate in Screen-Free Week too? Visit www.screenfree.org to learn more.