



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



## LETTERS OF APPRECIATION

- Write notes to two friends or relatives you haven't seen in a while to say I MISS YOU!
- Write notes to two people you've 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 your letter and 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: \_\_\_\_\_

\_\_\_\_\_



HELLO! I THINK  
YOU'RE AWESOME!

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

Want to participate in Screen-Free Week too? Visit [www.screenfree.org](http://www.screenfree.org) to learn more.