



Hope at Hand

“Thank You/Free Verse”

Directions

1. Start: by reading the inspirational quote, “Make sure you thank the important people.”
2. Read: the poem, “It means so much”. Talk with the participants about why it's important to thank the important people in their lives and not take them for granted.
3. Write: Think of someone who has recently impacted you in a positive way. Complete the “Expressing Gratitude Through Thank You’s” worksheet.
4. Discuss: the “Writing a Formal Thank You Letter” handout.
5. Write: Complete the “Thank You Letter Practice” worksheet.
6. Art: Collage Card
 - On provided 5x7" cardstock, use paper strips to create the background and use colorful cutouts from magazines to make a collage.
 - On the back side of the card, rewrite your Thank You letter so you have a finished Thank You card to give to the giver.

Please bring an example of the art activity to your session—ideally one you’ve made yourself. A full-color example is included at the end of this document. *If needed, print it elsewhere, as color printing is not permitted on the office printer.*

Materials

Lined paper for brainstorming, 5x7" card stock paper, paper strips, glue, magazines, and scissors.

Thank You

by Anonymous

Make sure
the important people in your life
know how important they are
before it's too late.

It Means So Much

by Anonymous

It means so much
any day
to thoughtfully recall
the many things
you've done for me,
and thank you for them all.
it means a lot to wish you
all the love
my heart can hold,
and send you hope
for endless joy
as each day unfolds!

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Expressing Gratitude Through Thank You's

Has someone been helpful to you recently? Do you have someone in your life who has supported you, or maybe just someone who loves you?

How about reaching out to them to thank them for all they have done?

When you have a person to thank in mind, use the rest of this space to brainstorm some things you might like to thank them for!

1. _____

2. _____

3. _____

4. _____

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4. _____

Writing a formal Thank You letter

Sometimes people we love give us gifts or show up for us in ways that deserve a more formal thank you. Here are some tips on how to write a formal thank-you letter next time you need to thank someone for something specific.

1. Greet the giver

Dear...

A thank-you letter is most thoughtful when it is handwritten by you! It is best to use a blue or black pen. If you don't like your handwriting, it's okay; just do your best to keep your hand steady.

2. Express Gratitude

Thank you so much for your generosity...

Getting started is the hardest part. Be careful not to start with "I am just writing because..." or "I am just writing to say...". If you're writing to say thank you, just start with saying thank you!

3. Talk About How You Will Use the Gift

Your gift is meaningful to me because...

I will use your gift to...

Say something nice about the gift and tell the giver how you plan to use it.

4. Grace

Thank you so much again...

You can never give too much thanks!

5. Wrap it Up Strong

Regards, [Your name]

Sincerely, [Your name]

Love, [Your name]

Depending on who the giver is, you may want to be more or less formal in your ending. If it is someone you don't know well, "regards" is a great choice. If it's a close friend or family member, "love" may be best!

Thank You Letter Practice

1. Who do you need to thank?

Dear _____

2. Express gratitude

Thank you so much for _____

3. How will you use the gift?

4. Thanks again!

5. Wrap it up!

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Dear _____

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Thank you so much for _____

3. How will you use the gift?

4. Thanks again!

5. Wrap it up!



Dear Grandma,

Thank you so much for my new Goldfish. I've named her Goldie and will take very good care of her. My pet cat also loves her and sits by the tank most of the day. Thanks again for my special gift. Grandma, I love her so much.

Love,
Jane

