

Summer Wellness Challenge



Take Time to Thank Someone Activity for Elementary School Students

In today's day and age, there are many quick ways of communicating over email, text, calls, video chat and social media. Sending someone a thank you card shows more appreciation and consideration. Expressing gratitude and encouragement can go a long way and you can't say "thank you" too many times. Writing a thank you note is an easy skill for children to master. The ideal timeframe to write a thank you note is within a week of receiving a gift or an act of generosity, but better late than never always applies when expressing gratitude!¹

Gratitude comes with physiological benefits on the brain and body. Research has shown when we think about something or someone we truly appreciate our bodies calm themselves, because the feelings associated with gratitude trigger the calming branch (parasympathetic system) of the autonomic nervous which tells the body to "rest and digest" and counteracts the "fight, flight or freeze" response in the sympathetic system.²

A few topics to write a thank you note include general appreciation, kind gestures, receiving gifts, essential workers and teacher appreciation.

DIFFERENT WAYS TO EXPRESS YOUR GRATITUDE IN WORDS:³

- Your generosity warmed my heart.
- You totally brightened my day.
- Your encouragement was timely and appreciated!
- You're appreciated more than "Thank You" can ever express, but it's a start!
- You made my day!
- You make me feel surrounded by friendship and support, like I can do this.
- Just what I needed when I needed it.

Thanking teachers after this unique school year is a great way to show your appreciation for their dedication to your learning. Here are some ideas to get you started:

- Thank you for your kindness, patience and inspiration!
- Thank you for making a difference! You are appreciated!
- You've made this school year one of the best ever!
- We've never seen your cape or mask, but we see your superpowers every day! Thanks for being a super teacher!
- You make a positive impact on the lives and learning of your students.
- We appreciate the job you do, and we love the person you are! Thank you for a great year!
- I've learned so much this year, and you've made learning fun, too!
- Your love of learning has drawn me into a whole new universe of exploring ideas!

¹ Appenbrink, K. (2018, July 13). Teach Kids to Write Thank You Cards in 3 Steps. Retrieved from <https://pinholepress.com/blog/teach-kids-to-write-thank-you-cards-in-3-steps/>

² The MindUP Curriculum. Brain-Focused Strategies for Learning-and Living. Scholastic, 2011.

³ Ramsey, N. (2019, October 27). Best Thank You Card Messages & Wording Ideas. Retrieved from <https://www.greetingsisland.com/blog/thank-you-messages/>

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IF THE THANK YOU NOTE IS FOR A GIFT OR AN ACT OF KINDNESS, BE SPECIFIC:

- Say thank you for the gift or act of kindness and mention what it is.
- Share at least one detail of the gift or act of kindness:
 - Toy – how they are playing with it.
 - Book – have them share their favorite part of the story so far.
 - Monetary gift – share the plans to spend it or what they are saving for.
 - Act of kindness – highlight the gesture and how it made you feel.
- For younger children, have them do a drawing or include artwork to make it more personalized.

SHARING YOUR NOTE⁴

Once the note is complete, leave the fully addressed envelope in your mailbox or in a public mailbox.

If you don't have an address, take a photo and virtually send it via text, email or even on a video call. If you are writing a general thank you note and want to share it publicly think about posting it in your window for the community to enjoy.

Bonus: [Gratitude Coloring Sheet](#)

Show us your gratitude by breaking out the crayons and coloring our gratitude coloring sheet! Gratitude is a feeling of thankfulness and joy we feel in response to something we've received, such as a smile of encouragement from a loved one or a beautiful view of the beach. Research has shown children who practice gratitude have a positive attitude toward school and their families.⁵ [Download the gratitude coloring sheet here.](#)

⁴ Appenbrink, K. (2018, July 13). Teach Kids to Write Thank You Cards in 3 Steps. Retrieved from <https://pinholepress.com/blog/teach-kids-to-write-thank-you-cards-in-3-steps/>

⁵ Froh, J. J., Sefick, W. J., & Emmons, R. A. (2008). Counting blessings in early adolescents: An experimental study of gratitude and subjective well-being. *Journal of School Psychology, 46*(2), 213-233. doi:10.1016/j.jsp.2007.03.005