

# A heartfelt “Thank You”

Think of someone you admire. Maybe someone who has supported you or looked after you or sacrificed their time and effort to bring you up. Someone who inspires you, makes you feel good and whom you respect.

Write a ‘thank you’ letter to them. Write from the heart. What have they done for you? How have they helped you? How do you feel about them? What would you like to say to them?

If they live in the same house as you, or go to the same school as you, find them and read it to them. If they’re not, phone them and read it.

We dare you!