

Hello Parents, Educators and Caregivers!

We all want our children to grow up to become caring and socially conscious citizens of the world: self-confident, curious and compassionate. This “Send Your Love DIY Letter/Envelope” activity is designed to help children think about what might make other people feel appreciated and loved. Practice with considering other people’s points of view is necessary for the development of empathy.

Here are some tips for making the most of this activity. We hope you find them helpful!

Promote Early Literacy.

This activity can be adapted for children who are not yet writing. Record your child’s words on the mailer and encourage him or her to decorate it.

Words to say: “What would you like to tell grandma? I can write down your words.”

Help them make connections.

Children understand concepts more readily when they can relate them to their own experiences. Ask them about their own trips to the post office or times when they’ve received mail. How did it make them feel to receive a letter or package?

Words to say: “Remember when you got a card in the mail from your aunt. How did that make you feel?”

Foster empathy.

Find opportunities for your child to think about someone else’s point of view. Young kids tend to see things from only their own perspective; pointing out that other people have different ideas and feelings helps children develop an appreciation for others.

Words to say: “What colors do you think your friend likes?”

Enjoy!



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Share Your Love DIY Letter/Envelope

A BAREFOOT ACTIVITY RECOMMENDED FOR AGES 3-10

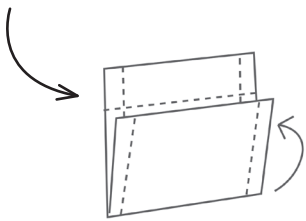
We all have love to give. There are lots of ways to show people you care, like saying sweet things, offering your help, or just spending time with them. How could you use this letter to send your love?

WHAT TO FIND

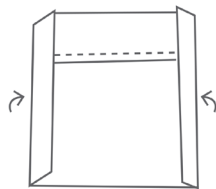
- DIY Letter/Envelope Template (included as the next page of this printout)
- Markers and/or crayons
- Tape
- Postage stamp

WHAT TO DO

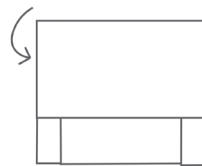
1. Print out the DIY Letter/Envelope Template
2. Think about the person to whom you'd like to send a special letter! Do you have a friend or family member who would like to get special mail from you?
3. Use crayons or markers to write a special message or draw a picture between the dotted lines of the template.
4. Fold the template along the dotted lines.



Fold bottom upward

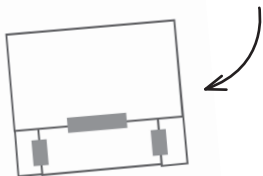


Fold sides in

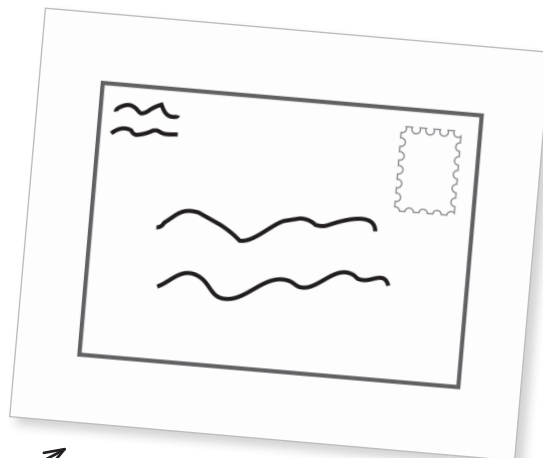


Fold top down

5. Use tape to secure the flaps.



6. Write the address and place a postage stamp on the back of the template. Mail!



The Barefoot Book of Children

Written by Tessa Strickland
and Kate DePalma
Illustrated by David Dean

AGES 3 - 10



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Dear, _____

Love, _____



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