

# Happy Letter in the Post

Grade Three & Four



To encourage students to show appreciation for the people and things that have positively impacted their lives by writing a letter of gratitude.



## Learning Intentions

**I can express appreciation and gratitude for the people in my life:**

This encourages students to think about the positive influences around them and express their gratitude.

**I can communicate my feelings through writing:**

This helps students practice writing as a tool for expressing emotions and appreciation in a meaningful way.

**I can reflect on the impact of expressing gratitude on others:**

This promotes empathy by encouraging students to consider how their words will make the recipient feel.



## Success Criteria

**I can write a letter of gratitude to someone who has positively impacted my life:**

This ensures that students actively reflect on the people who have made a difference in their lives and take the time to express their feelings.

**I can explain why I am grateful to this person:**

This encourages students to identify specific reasons why they appreciate someone, deepening their understanding of gratitude.

**I can reflect on how the person will feel when they receive the letter:**

This helps students develop empathy by considering the emotional impact of their actions on others.



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## Objective:

To encourage students to show appreciation for the people and things that have positively impacted their lives by writing a letter of gratitude.

## Players:

Ideal for individual reflection, small groups, or classrooms.

## Materials:

- Paper
- Pen or pencil
- Envelope (optional)
- Stamp (optional, if posting the letter)

## Setup:

Provide each student with paper and writing materials. If the students are writing to someone outside of the classroom, make sure they have an envelope and postage if they choose to send the letter.

## Activity:

### 1. Write a Letter of Gratitude:

Ask students to think about someone who has made a positive impact on their life. This could be a family member, friend, teacher, or anyone they are grateful for. They will write a letter of gratitude, explaining why they appreciate this person and how they have made a difference in their life.

### 2. Reflect on the Impact:

After writing the letter, ask students to reflect on how it felt to express their gratitude. Did it make them feel good to acknowledge the person's positive influence? Encourage students to think about how the person will feel when they read the letter.

### 3. Decide How to Share the Letter:

Students can choose to share the letter with the person directly, keep it for themselves as a reminder of what they are thankful for, or even post it in the mail so the recipient can have it forever.

## Reflection Prompt:

- How did it feel to write a letter of gratitude?
- How do you think the person will feel when they read it?
- Why is it important to express appreciation to others?



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## Winning the Game:

There is no winner in this activity. The goal is for students to express their gratitude and reflect on the positive impact of their words, fostering a culture of appreciation and connection.

## Family or Modified Variation:

In a classroom setting, students can share their letters (if comfortable) and discuss how expressing gratitude makes them feel. You can create a "Gratitude Wall" where students anonymously post positive notes of appreciation for others, building a supportive classroom environment.

## Additional Notes:

Happy Letter in the Post encourages students to think about the people who support and uplift them. Writing letters of gratitude not only boosts emotional well-being but also strengthens relationships and fosters a culture of kindness. This activity helps students practice empathy, appreciation, and the positive impact of thoughtful communication. Whether shared or kept, the letter serves as a meaningful reminder of the importance of gratitude.

