

# Thank You Cards for Helpers

GRATITUDE

To support students in reflecting on their experiences of vulnerability and expressing gratitude to someone who helped them. By making a thank you card, students practise the life skill of recognising kindness and sharing appreciation.

Just like on Venus, where warmth and compassion thrive, this activity encourages students to open their hearts and give thanks to those who care.

## Learning Intentions

**I can think about a time someone helped me when I felt shy, scared, or sad:**

This builds emotional reflection and encourages vulnerability through gratitude.

**I can create a card to say thank you to someone special who cared for me:**

This nurtures appreciation and strengthens relationships.

**I can practise giving with kindness and use words or pictures to show my thanks:**

This supports empathy and expressive communication through creative giving.



## Success Criteria

**I can remember someone who helped me when I needed support:**

This helps students connect emotional memory to caring actions.

**I can decorate a thank you card using kind words, colours, or drawings:**

This fosters creative expression and emotional literacy.

**I can give my card to someone with a kind message or smile:**

This builds confidence and promotes positive social interactions.



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## Objective:

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## Players:

Ideal for 4–26 students working independently and then sharing within the group or with others.

## Materials:

- Blank cards or folded A5 paper
- Coloured pencils
- Optional: stickers, heart cut-outs, glue, and glitter
- Envelopes (optional)

## Time Required:

15–20 minutes

## Setup:

Start with a gentle circle discussion after re-reading the *Venus* page in *The Playful Astronauts*. Ask students to think of a time when they felt:

- Nervous
- Sad
- Unsure
- Shy
- And someone made them feel better.

It could be a friend, a teacher, a parent, a sibling, or anyone else who showed care and helped them feel safe again.



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## Gameplay:

### Explain the Activity:

Let students know they will be making *Thank You Cards for Helpers*. These cards are a way to say “thank you” to someone who supported them when they were having a hard moment.

Invite students to:

- Draw a picture of themselves with the helper
- Use hearts, stars, or other symbols of kindness
- Write or dictate a short thank you message (e.g. “Thank you for helping me when I was sad” or “You made me smile when I felt shy”)

Encourage students to think carefully about their colours and messages, reminding them that their words and drawings are a gift.

## Giving the Card:

Students can choose how to give their cards:

- Hand-deliver them in class or at home
- Leave them in someone’s pigeon hole or bag
- Take them home to give to a family member or friend

If they’d rather not give the card yet, they can keep it in a special classroom basket or take it home later.

## Encourage Gratitude and Connection:

After the activity, invite a few volunteers to share who they made their card for and why.

Use prompts like:

- “How did this person help you when you were feeling unsure?”
- “How do you think they’ll feel when they see your card?”
- “Why is it important to say thank you when someone helps us?”

## Winning the Game:

There are no winners. The reward is the joy of giving thanks and recognising kindness during times of vulnerability. Just like Venus teaches us, it’s brave to appreciate those who care for us.



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## Additional Notes:

“Thank You Cards for Helpers” is a powerful yet gentle way to link vulnerability with gratitude. It invites students to reflect on their personal emotional experiences and to celebrate the people who lift them up. Inspired by the warm and thoughtful lessons of Venus, this activity helps students learn that saying thank you is more than polite. It’s a gift of love and strength.

