

## Essential Words: Feelings Bank

How are you feeling? Circle words that reflect where you're at or write your own.

**Afraid**

**Frustrated**

**Comfortable**

**Anxious**

**Angry**

**Lonely**

**Sad**

**Exhausted**

**Grief**

**Inspired**

**Confused**

**Strong**

**Weak**

**Trapped**

**Distracted**

**Shocked**

**Good**

**Hopeful**

**Calm**

**Uncomfortable**

**Connected**

**Okay**

**Creative**

**Energetic**

**Bored**

**Busy**

**Vulnerable**

**Bad**

**Disappointed**

**Powerful**

**Happy**

**Amused**

**Scared**

# Essential Words: I am grateful for....

People	Places	Things

## Essential Words: Question Bank

A letter is a conversation. As you're sharing things with the recipient of your letter, you may have a few questions for them as well. Below are a list of questions and topics you might ask your recipient about. These questions are optional examples, so select 2-3 that most interest you.

- Do you have any pets? Siblings?
- I feel \_\_\_\_\_. Do you feel \_\_\_\_\_ too?
- What's your schedule like?
- What challenges are you facing everyday?
- Where do you find strength during challenging times?
- How are you spending time outside of work?
- What brings you hope?
- What gives you joy?
- Who and what are you grateful for?

**Now it's your turn! After learning a bit about the challenges essential workers are facing, what other questions do you have for your letter recipient?**

1.

3.

2.

4.

## Essential Words: Getting Specific

	Action	Importance (community)	Impact (personal)
<b>Example</b>	<i>Frank de Jesus and his friend are putting caution tape around the seat behind bus drivers.</i>	<i>This action helps bus drivers maintain safe distance from passengers while doing their job.</i>	<i>My family members who depend on city transit are able to keep their jobs because of this courage and care.</i>



# Essential Words: Introducing Yourself

## Introductions...

- Include who you are and how you are feeling to help the reader understand your viewpoint.
- Share why you are writing so that readers know what to expect from your letter.
- Set the tone of the letter and show off your personality.
- Use questions to allow your recipient a chance to introduce themselves too.

## Topics to ask your recipient about:

- I feel \_\_\_\_\_. Do you feel \_\_\_\_\_ too?
- Here's a bit about my family... Do you have any pets? Siblings?
- I'm writing to you from... What is your favorite spot in your home at the end of the day?

## Introduction Outline

### Who are you?

My name is \_\_\_\_\_.

I am in \_\_\_\_\_ grade.

One thing you should know about me is \_\_\_\_\_.

### How are you feeling right now?

Right now I am writing from \_\_\_\_\_. (*Are you writing from your desk? Your couch?*)

I feel \_\_\_\_\_.

Right now I am spending time with \_\_\_\_\_. (*Mom, grandpa, dog, neighbors*)

### Why are you writing?

I am writing because I want to thank you for...