

## 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: Expressing Gratitude

You've reflected on how you're feeling and considered the perspective and experience of essential workers. Now it's time to combine the two into gratitude statements! By sharing not only WHAT their behavior is, but HOW it makes you feel and WHY, it helps the people we care about understand their specific impact. Use the template for this below to practice on your own:

Thank you \_\_\_\_\_ for \_\_\_\_\_. When you \_\_\_\_\_  
(name/title) (action) (action)

it makes me feel \_\_\_\_\_ because \_\_\_\_\_.  
(emotion) (explanation)

*Thank you Frank for taping off the seats behind the driver on the bus. When you look out for bus drivers it makes me feel protected because I know my family can commute safely to work.*

Thank you \_\_\_\_\_ for \_\_\_\_\_.  
When you \_\_\_\_\_ it makes me feel \_\_\_\_\_ because \_\_\_\_\_.

Thank you \_\_\_\_\_ for \_\_\_\_\_.  
When you \_\_\_\_\_ it makes me feel \_\_\_\_\_ because \_\_\_\_\_.

# 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...