

**Hello,**  
 \_\_\_\_\_  
 (Your friend's name!)

*I just wanted to say:*

thank you,  
 hang in there,  
 \_\_\_\_\_ ,

because

I appreciate you.  
 I miss you.  
 you're my friend.  
 \_\_\_\_\_ .

draw a picture of yourself today!

I think that you are:


brave  kind  funny  \_\_\_\_\_ .  
 (What else do you like about your friend?)

You make our community a better place.

Your Friend,  Love,  \_\_\_\_\_ ,  
 (How do you like to say goodbye?)

\_\_\_\_\_

(Your Name)



**Hello,**  
 \_\_\_\_\_  
 (Your friend's name!)

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 (How do you like to say goodbye?)

\_\_\_\_\_

(Your Name)



*In times of stress, we build resilience by making connections with others. Use these cards to help start the conversation.*

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