

# A letter to a friend - let's show someone you care!

Sending a letter is a great way to show someone you are thinking about them and reminds you of a friend who is there for you! Write a letter to someone you care about and draw a self portrait for them to hang on their wall!

After you fill out the cards. Cut out them and place in your homemade WorryWoo envelope!

\* Another great exercise is write a letter to yourself! Tell yourself how you are feeling.




MY PORTRAIT FOR YOU!



# Make Your Own Envelope!

Materials: Pencil, Paper, Glue and Imagination



## Directions:

- Cut Envelope Out
- Fold short ends In
- Apply glue to the inside sides of the bottom
- Fold bottom end up
- Decorate, add letter , close top and seal with glue!