



# Write down your thoughts and feelings

During the week write down the important and special things you'd like to tell your Mom or Dad. You can look at the list to remember what you want to tell your Mom or Dad when you write or talk to them.



# Keep a Journal

Write and draw about what you are doing at home and school, how you feel, about people you meet, work or play with, and whatever else you want to say. There are some starter journal pages at the end of this book, or you can staple some writing paper together or use a notebook. Writing things in a journal can help you understand them, and can be a way of remembering some important things you want to say or write to your Mom or Dad.

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# A quick letter

Sometimes it's hard to think of what to say to your Mom or Dad. Here's a QUICK LETTER to send. On the back you can draw a picture about your week or paste magazine pictures that tell about your week.

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# My Week

Dear \_\_\_\_\_,

This is what happened to me this week:

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I did this new thing:

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I had this great meal:

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This funny thing happened:

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I miss you!!!

I love you,

