

The challenge

Get in touch

Getting in touch with a friend, family member or neighbour gives us an opportunity to stay connected, brighten someone's day and express kindness. It also helps us practise our writing skills.

Your task is to write a letter to an older friend, family member or neighbour to help brighten their day. There are two templates here for you to write on and colour in. If you do not have a printer, then grab a pen and some paper and create your own brilliant template!

With your family, you can decide whether to post your letter, pop it through their letterbox, email it to the person you have written to, or give them a call and read what you have written out over the phone. You must consider social distancing when sending your letter.

Parents/carers

Safety while your children take part in this activity

While we want children and young people to use their initiative and to be creative with their communication, it is important they follow social distancing guidelines and stay safe.

Safety tips

- Parents/carers should stay engaged and support their children, particularly if taking part online or by phone.
- Think carefully about what is uploaded or shared on social media platforms.
- Keep personal information private and take care not to give away too much identifiable information in photos and videos.
- Make sure you have permission to take and share photos or videos of relatives, friends or neighbours.
- Children and young people should never meet up with anyone they don't know in real life without a parent/ carer present.
- It is important to talk to your child regularly about online safety. Let them know they can come to you or another trusted adult if they're feeling worried, pressured, upset or unsafe.



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Children and young people can visit **ChildLine** for advice or support about a wide range of issues.

Parents/carers can visit **Internet Matters** for online safety advice and support.

Before you write a letter, it is important to think about what you will say. Use the template on the next page to plan your letter. Work together and see if your family has any ideas you would like to use.

If you can, try some of the following tips to really bring your letter to life:

- Speak directly to the person you are writing to.
- Ask them a question to give them something to think about – use question marks (?) in questions.
- Use alliteration (the same letter or sound in connected words) where you can, e.g. football is ABSOLUTELY AMAZING!
- Be bold with your adjectives.
- As this isn't a formal letter, you don't need to add your address or sign off formally.



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I am going to write to

Things to think about:

Paragraphs

1. To start your letter, tell them why you are writing and ask about how they are doing.

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2. What sports, hobbies or activities have you been up to? Share a memory with them, tell them about something you have done with your family or even something you have watched on TV!

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3. Think about who you are writing to. Do they live alone? Suggest some ideas for things they can do to pass the time, stay active, or things that you can do together. If you get stuck, use the resource sheet for ideas.

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4. Ask them to write back to you and tell you about the sports, hobbies or activities they did when they were your age.

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5. Sign off and tell them when they can next expect to hear from you.

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