



## Heart Activity and Thank-you Letters

This is an activity that you can do together as a family or have your children do this as a quiet activity.

1. Print the heart template.
2. Decorate & color the heart.
3. Write a note on the back thanking:
  - Doctors
  - Nurses
  - Gas Station Workers
  - Grocery Store Workers
  - First Responders
  - Your favorite take-out restaurant you are using
4. Mail them
5. Talk together as a family why you are doing this. Remind one another that Jesus teaches us to love our neighbor. Tell the children they can thank all the people who are helping during this time. Even though we can't see them right now, writing to them will make them happy.
6. Prayer:

Thank you, Jesus for teaching us to love our neighbor. Bless these heart messages and everyone who receives them. We ask that you keep everyone safe and healthy. Amen.
7. Make heart cookies today and/or cut sandwiches, cheese etc. into heart shapes.

