

Thanking Our Helpers and Heroes

For this activity you will need:

- Paper or card
- Coloured texts and pencils
- Stickers (optional)



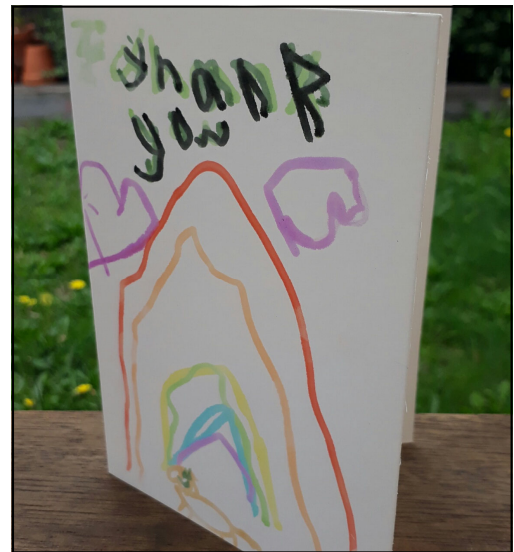
What is the learning in this activity?

Ages: All ages

Purpose: Support your child to create a card to acknowledge the caregivers and essential workers in their family or community. This activity creates opportunity for children to express their feelings and make a positive contribution. Practicing gratitude boosts mental health and this activity can also help children to manage feelings of fear and anxiety in what can feel a very overwhelming and scary time.

Let's play!

1. Create a blank card with paper or cardboard.
2. Ask your child who they would like to thank and use this as an opportunity to talk about how they're feeling. Children understand more than we realise. Talk about how making a card is a way of doing something positive for someone else. Help them to put their words into the card.
3. Make a drawing using textas, pencils, crayons or even stickers.
4. Once you have finished talk together about how you can send the card to this person or service - by putting it into their letter box, leaving it on their front door step or posting it.



Let's talk..

Qs - How do you feel after making and sending your card? Who else is doing helping in our community and what are some ways we could thank them?

We'd love to see your creations and home based play.

Share with us at: @YarraRangesFamilies #YarraRangesPlay

You can contact the YRC Family & Children's Services team on 1300 368 333 or by email at earlyyears@yarraranges.vic.gov.au