

HEARTFELT THANK YOU CARDS

DEVELOPING AN ATTITUDE OF GRATITUDE

THANK YOU FOR THINKING OF ME! Why do we say thank you?

"Thank You!" can be more than just words we say. If it comes from the heart, a heartfelt "thank you" holds a feeling of gratitude and appreciation for someone who went out of their way to be kind to us through their words and actions.

Grownups, take this moment with your little ones to explore the feelings that prompt us to say "thank you" to others each day!

Here is a fun "THANK YOU" poem to say and practice play:

**When I say THANK YOU,
Here is what I mean...
You did something nice for me.
I felt loved and seen.**

**This thank you's MORE than words,
It's a fuzzy feeling too.
I see and hear and love
All the extra things you do.**

**You didn't HAVE to do it.
Of that I'm well aware.
That's why it means so much
That you took the time to care.**

Please enjoy this free Thank You card activity. Print these cards for your kids to share with someone special they appreciate. This creative activity will help practice emotional learning and critical thinking about the topic of gratitude. It will also sharpen fine motor skills through paper folding, coloring and writing.



When I say

THANK YOU,

Here is what I mean...

**You did something
nice for me.**

I felt loved and seen!



Dear _____,

Thank you for _____

_____.

It made me feel _____.

With Kindness,

THANK YOU
for thinking of me



This

THANK YOU

is a little hug
from me to you,
for the kind
& wonderful things
you took the time to do!

Dear _____,

Thank you for _____
_____.

It made me feel _____.

With Kindness,

A Great Big
THANK YOU



This  

THANK YOU

is more than words,
It's a fuzzy feeling too.
I see and hear and love
All the extra things you do!

Dear _____,

Thank you for _____

It made me feel _____.

With Kindness,



It means

SO MUCH

**that you took
the time to care!**



Dear _____,

Thank you for _____
_____.

It made me feel _____.

With Kindness,

KEEP GOING! KEEP GROWING!

CONTINUE DEVELOPING AN ATTITUDE OF GRATITUDE

THE MANNERHAUSENS HAVE A SONG FOR YOU!

Here are two ways to enjoy our song "Please & Thank You".

Soundtrack link: <https://www.themannerhausens.com/soundtrack>

Singalong video: <https://www.themannerhausens.com/tips-singalongs>

MANNERS CHECK IN

Encourage your family to check in and reflect on their daily manners practice. Remember practice makes permanence. A good time to check in is at the dinner table and/or bedtime and other quiet times.

Some conversation starters to get the ball rolling!

WHEN CAN YOU SAY A HEARTFELT THANK YOU?

- When you receive a gift no matter how big or small, express thanks for any gift at all.
- When someone gives you a compliment (good job!)
- When your grown up makes you a meal or a treat

WHAT ARE SOME TIMES THAT YOU DID SAY THANK YOU?

- How did it make you feel?
- How did it make the other person feel?

WHAT ARE SOME TIMES WHEN YOU DIDN'T SAY THANK YOU WHEN YOU COULD HAVE?

- How did that make you feel?
- How did it make the other person feel?

ROOM TO GROW 2.0

This is the next level up! For the older kids (or any grown ups too!) who want to learn how to properly structure a "thank you" note to someone.

Start with a greeting! Then write a few sentences about the gift or act of kindness. Here are a few examples to get you started!

Dearest Friend,

Sentence #1 is about the gift or act of kindness:

Thank you so much for your thoughtful gift...

I'm so grateful for...

Thank you so much for thinking of me...

Your gift was so thoughtful because...

It was so nice of you to think of me...

Sentence #2 is also about the gift or act of kindness:

I can't wait to play with...

I can't wait to wear my new...

I love ___ because...

It was so much fun to...

How did you know that I love...

I appreciate your generosity.

Sentence #3 is about something else (could be about the other person):

I hope to see you again soon!

I can't wait for...

I hope you have a great day!

Let's find a time to chat soon.

I can't wait for our next playdate.

Close your thank you note with:

Love,

Sincerely,

Your Friend,

With Kindness,

Thanks a Bunch

Big Thanks

Big Hugs,

Take Care,

All the Best

Sign your name

WORD BANK DEFINITIONS!

THANKFUL

expressing gratitude; pleased about something

THOUGHTFUL

showing consideration for the needs or wants of other people

GRATEFUL

feeling or showing an appreciation of kindness; Thankful

APPRECIATION

recognize the full worth of and to be grateful for something

GENEROSITY

the quality of someone being kind and generous

BONUS FUN

Say "THANK YOU" in Different Languages

French = merci

Spanish = gracias

German = danke

Italian = grazie

Portuguese = obrigado

Dutch = Dankjewel

Turkish = Teşekkür ederim

Korean = 고마워 [go-ma-wo]

Vietnamese = Cảm ơn bạn (Thank you)

Polish = Dziękuję

Croatian = Hvala (Thank You)

Greek = Σ' ευχαριστώ! [S' efharistó!]

Hawaiian = Mahalo

Filipino = Salamat sa-LAH-mat

Norwegian = Takk skal du ha

Hebrew = Toda

Farsi/Persian = mam'noon

Hindi/Indian = dhanyavaad

Chinese = xièxiè

Arabic = shukraan

Japanese = arigato

Thai = khàawp-khun

Zulu = ngiyabonga

Navajo = ahéhee'

Tongan = mālō

Esperanto = dankon