



The Ultimate Pen Pal Guide.

Writing to kids can be tricky, but we're here to help.

AVOID	INCLUDE
"Get well soon"	Pictures and drawings
"Feel better fast"	Funny Messages & Jokes
"I know how you feel"	Decorations

REMEMBER: Tailor your card to the right age group!

Here's some phrases to get you started!

- We are so proud of you!
- You are loved and you matter.
- You are incredibly strong and brave.
- Keep fighting. You are an inspiration to all of us.
- Stay positive, and believe in your own strength.
- You are never alone in this journey.
- We are all here to support you, sending you love and strength every step of the way.
- Know that you have an army of people cheering you on.
- Your strength and determination inspire us all.
- Keep shining your light
- You have the power to make a difference in the world
- Know that you are loved, supported, and admired for your strength.



Example Letter.

Dear [insert patient name],

We are so proud of you! We believe in you and truly admire your strength and resilience. You are so loved, supported and special. We are thinking of you and you have so many people cheering you on. We are thinking of you and you are in all of our hearts.



[include a drawing, decoration, or a funny joke!]

Sending Love,

[Your Name] from the Yellow Project 🧡