



A gratitude letter

Name: _____

Class/number: _____

Gratitude means feeling thankful.

People who show gratitude are happier.

A gratitude letter is a letter of thanks. It is for someone who helped you in an important way.

**Think about your life.
Who has helped you?
What did they do?**

Please write a letter to the person who helped you. You can write in English and translate it into your first language.

OR Write the letter in your first language. Then translate it into English.

Tell them: • **what** (exactly) they did

• **why** it is so important to you

• **how** it helped or changed you

In English, use some of these words.

• *I want to thank you...*

• *I remember the time you...*

• *because...*

• *... was special for me*

• *...this helped me...*

• *I appreciate...*

_____, 20____

Dear _____

This is a "gratitude letter." I am writing to thank you for something important you did for me.

(Your name)

I hope you will

• mail the letter to the person OR

• (the best way) deliver the letter and read it to the person.

Ideas:



• *Your mom or dad*

• *A special teacher or coach*

• *Someone who helped or was kind when you really needed it.*

• *Someone who changed your life.*

英語の授業で、人生において大切な人、重要な出来事について話し合ってきました。話し合ったことに基づき、お世話になった人に「感謝の手紙」を書いてみようとして先生が提案されました。

私はあなたに書くことにしました。

ここに感謝の気持ちを記します。

In my English class, we have been talking about important people and events in our lives. My teacher asked me to write a “gratitude letter” to someone who had helped me. I decided to write to you.

Here is the letter.

