

NAME: _____

Thank You For Being a Friend

DIRECTIONS: One of the best ways to strengthen a connection is by expressing gratitude. Use the prompts below to express your thanks to a close friend for all of the things that you appreciate about the bond you share. Remember that bringing up specific examples can make someone feel really special!

Dear _____,

1. HOW LONG HAVE YOU BEEN FRIENDS? WHERE DID YOU MEET? WHAT ARE SOME OF YOUR FAVORITE THINGS TO DO TOGETHER?

2. WHAT ARE SOME OF THE NICE THINGS THEY'VE DONE FOR YOU? BIG OR SMALL, THANK YOUR FRIEND!

3. HAVE SOMETHING FUN THAT YOU'RE LOOKING FORWARD TO DOING TOGETHER? MENTION IT HERE!

Your Friend,

What other small steps could you take to show your appreciation of this friend? Think of at least three ideas.

- 1.
- 2.
- 3.