

Did you know you can brighten someone's day by writing them a letter?

Sometimes, older people don't live with anyone else or they might not get any visitors. This can lead to them feeling lonely or sad.

Writing to an older person helps them to feel like they're not alone and that someone cares about them.

Try writing a letter to someone living in an aged care facility. This could really make their day!

Start by finding a local aged care facility and asking your parents or carers if you can give them a call to see if they have an address you can use in order to post someone a letter.

## Top Tips for Writing Letters

- Start with 'Dear Resident' as you don't know who you're writing to yet.
- You might like to tell them a few things about yourself, such as:
  - your age,
  - favourite colour,
  - favourite subject at school,
  - sports you like to play,
  - whether you play any instruments, or
  - a song you like to sing.
- Write your favourite joke to give them a laugh.
- Ask them some questions, such as their:
  - favourite memory, and
  - what hobbies they enjoy.
- Finish your letter with 'From', 'Kind regards' or 'Yours sincerely' and then your first name.
- You could draw a picture for them at the bottom of your letter.
- Ask your mum, dad or carers first before including your address on an envelope with a stamp on it so the other person can write back to you if they want to.



**Remember:** It's ok if they don't write back. It's still nice to know that you've made someone's day happier!

### INFORMATION FOR THE GROWN UPS

Research has scientifically proven the adage that 'it's better to give than to receive.'

The benefits of expressing care and kindness are varied and far-reaching. Kindness promotes empathy and compassion, which in turn leads to a sense of interconnectedness with others. Kindness can also enhance the will to live in depressed individuals who feel isolated and different.

**Food for Thought:** When we care for others, we care for ourselves.

Human suffering often inspires beautiful acts of compassion by people wishing to help relieve that suffering. Positive Education includes this notion, but also explores the idea of caring for all people all the time, not just in times of need.