



# Alameda County Safe Routes to Schools



## Walk and Rollin' Pen Pals

### Theme:

December's Pen Pals theme is **Gratitude**. Gratitude is feeling thankful and appreciative of what and who we have. Practicing gratitude has many positive physical and mental health benefits, such as making us feel happier, strengthening relationships, reducing anxiety, building confidence, and creating a positive outlook in our lives.

### Letter Writing Prompts:

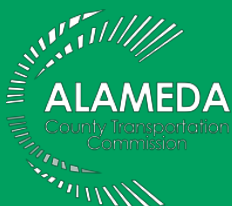
- Write a letter to a relative or a friend and let them know how much you appreciate them.
- Show your gratitude by writing a letter to someone within your community. Examples might include teachers or principals, health care workers, grocery store workers, mail carriers, etc). Be sure to write about why you are grateful for them.
- Write a letter of/journal gratitude to yourself. Examples might include being thankful for your sense of humor, or for your heart for pumping blood into your body and your lungs for helping you breathe.

### How To:

Here is a helpful [video](#) to show you how to write a letter.

### Delivery:

You can deliver letters by walking/rolling to the post office/a mailbox. You can use [this link](#) to find post offices or mailboxes near you or you can deliver the letter by hand. You can also send letters to classmates—just work with your teacher to exchange them!



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TRANSPORTATION  
COMMISSION

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