

Letter Template

Dear

Sometimes I find it hard to say how I feel, so I have
written this letter to you.

Thank you for listening to me.

From

Letter Template

Ideas for sentence starters for your letter

I feel... because...

I understand...

I want you to know that...

I like it when...

I am learning about Autism/ADHD...

I don't like it when...

I sometimes feel angry because...

List of emotions/feelings

Happy

Sad

Angry

Fun

Left out

Tired

Protective

Annoyed

Scared

Love

Cross

Unsure

Funny

These words have been shared with us at our Siblings group to describe how we can sometimes feel about our siblings.

A drawing of us together