Centre for ADHD & Autism Support

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

Centre for ADHD & Autism Support

Letter Template

Ideas for sentence starters for your letter

I feel… because…
I want you to know that…
I am learning about Autism/ADHD…
I sometimes feel angry because…
I understand…
I like it when…
I don't like it when…

List of emotions/feelings

Happy
Fun
Protective
Love
Funny
Sad
Left out
Annoyed
Cross
Angry
Tired
Scared
Unsure

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