





Dear _____



You are receiving a little check in from the North Pole. Your elf reported to me that you have been struggling a bit lately. Please write:

- 
- 1 thing you are good at
 - 1 way you can help someone
 - 1 way that someone can help you.





I hope this activity helps you reset, and your elf is able to bring back good news for me.

Love,
Santa

