

# How to write a gratitude card to Veterans, Active Military, and First Responders

A military veteran is a person who has served and is no longer serving in the armed forces. Those veterans that have had direct exposure to acts of military conflict may also be referred to as war veterans. Active military are people currently serving in one of the branches of the U.S. Military. First Responders include EMTs, paramedics, fire fighters, and social workers who provide immediate support in times of crisis.

**All deserve to be thanked for their commitment and bravery for fighting for our rights!**

## Do's

- Start with a generic salutation, such as "Dear Hero" or "Dear Brave One."
- Express your thanks for their selfless service.
- Avoid politics completely and religion in excess; however, saying you will pray for them is wonderful.
- Share a little about yourself: Family, Hobbies, Work, School, Pets, Travel, etc.
- Talk about life and interests: Sports, Weather, Music, Movies, Food, Books, etc.
- Send positivity and positive messages.
- Be kind and uplifting. Keep things light. Be positive!
- Share things about yourself like hobbies or interests.
- If you have connections in the military, or are connected to a first responder,, mention that.
- Your cards don't have to be long - just write from the heart.
- Write like you speak and show your personality.
- Encouraging quotes are always nice.

## Do Not's

- Never share anything negative, personal struggles, your own thoughts about controversial subjects, or ask their opinion about controversial subjects.
- Stay away from political or polarizing topics.
- Tell them what's going on at home but stray away from things happening in the news.
- **Do not put your individual cards in envelopes—they are not needed and create a burden for letter screeners.**
- **Please don't date your cards, as sometimes it can take up to a few months and/or years for your letter to reach its destination.**
- No glitter or confetti please.