



11 May 2020

Dear \_\_\_\_\_

We think YOU are a superhero!

Someone very close to you is working hard to keep you and all of us safe and well.

We know you think they are very special, and we do too. They are being very brave when the world is feeling a little bit scary. But your love, big smiles and claps on Thursdays and (every other day too!) helps them to carry on looking after us all.

You are doing a great job too. It's hard having to go to school when not all your friends are there. It's hard to have to play whilst they are working. It's hard not being able to see the ones you love as much as normal. So thank you for all you are doing to help keep the world safe. It's very important – and so are you.

At the top of this letter is a picture of some superheroes to colour in and put up. Which one are you? What is your superpower?

Thank you,

**From everyone here at Essex Child and Family Wellbeing**