

# Dear Santa,



MY NAME IS: \_\_\_\_\_

I AM \_\_\_\_\_ YEARS OLD.

I LIVE \_\_\_\_\_

THIS YEAR, I FELT PROUD OF MYSELF FOR:

- ☐ TRYING NEW THINGS
- ☐ BEING KIND
- ☐ DOING MY BEST AT HOME OR SCHOOL
- ☐ LEARNING NEW SKILLS

THESE ARE SOME THINGS I REALLY LIKE:

: \_\_\_\_\_

I FEEL HAPPY WHEN: \_\_\_\_\_

SOMETIMES I FIND THINGS TRICKY. THESE ARE SOME THINGS THAT HELP ME FEEL CALM:

- ☐ QUIET SPACES
- ☐ MY SENSORY TOYS
- ☐ DEEP BREATHS
- ☐ MOVEMENT BREAKS
- ☐ A CUDDLE
- ☐ WEIGHTED BLANKET
- ☐ HEADPHONES
- ☐ OTHER: \_\_\_\_\_

IF YOU CAN, I WOULD LOVE THESE GIFTS:

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THANK YOU, SANTA, FOR READING MY LETTER.  
I HOPE YOU AND YOUR REINDEERS HAVE A SAFE TRIP.

FROM,

\_\_\_\_\_ (CHILD'S NAME)



Merry Christmas!