

wellness - greener challenge:

GRATEFUL

for you, Mom!



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Dear Mom,

You truly mean the world to me, and I do not think I express how grateful I am for you as much as I should. Below is a list of various actions you do that/ways you make me grateful for you each and every day.

1) Your positivity: No matter the situation, you approach it with a positive attitude. I know this one may seem cliché, but this helps in so many situations. Like when I was going through a rough time adjusting to my new school. You stayed positive throughout that and it encouraged me to remain positive as well (which was necessary for my improvement).

2) You keep me calm: You always manage to keep me calm no matter the situation. I tend to freak out and overthink things, but you are my stability. Your calmness allows me to not be shaken and to preserve. From me freaking out over my calculus test while you are on your lunch break or going berserk over college applications, you keep me grounded.

3) You always put me first: Not that it is necessary, but I like that you put me first. I like knowing that everything you do, you thought of the impacts it could have on me. You ask for my opinion before you do things to make sure that nothing bad comes from them. While this is not necessary at all, I am so incredibly grateful for this selflessness.

4) You always check in on me: I know sometimes I make it seem like I do not want you to check on me or that I am doing fine. But I am so grateful for the times where I am not doing well mentally and you come and just ask how I am doing. From here I am able to pour my feelings to you, which often results in me feeling exponentially better.

5) You are one of the most flexible people I have ever met: This flexibility makes you much more approachable than other parents I know. From watching Netflix with me at 3 am because I had a rough day or baking banana bread with me on your lunch break, you just go with the flow. Because of this, we have made so many wonderful memories together, and I am excited to make tons more!

Love always,

ETHAN

Her Reaction

The first thing she did was hug me. I could tell from her body language and facial expressions that she was extremely happy to receive the letter. She said, "You are gonna make me cry!" We sat and talked for quite a while and watched a movie. It was a nice experience to share my gratefulness towards her because I know that it makes her happy. This experience also showed me how little time it takes to make something happy.

Writing a letter about things you are grateful for someone you love is not hard and really makes a positive impact on both of you! I am going to start doing this as often as I can because it is a very easy way to make someone's day. You should try it too. Go write a letter to someone you are grateful for!



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ethan.pgc Here is the letter that I wrote to tell my Mom how grateful I am for her. I encourage you to do the same for someone you love. It is a positive experience for everyone involved! ❤️🌍