



Pinky Swear Foundation

ALL-STAR LETTERS OF ENCOURAGEMENT

Want to brighten a child's day? Write a letter of encouragement to a Pinky Swear All-Star! We'll put it in our "Orange Envelope" and send it along with a small financial gift and a resource guide for parents. It's the first introduction to the Pinky Swear Foundation that a family facing childhood cancer receives, and the note of encouragement written by a Pinky Swear volunteer is the best part!

WHEN WRITING NOTES TO CHILDREN WITH CANCER:

Phrases to Consider: You are ...

- Brave
- Strong
- Amazing/Awesome
- A Hero
- Super
- Wonderful
- A Star
- An Inspiration
- Loved

Pictures to Consider:

- Sunshine, stars and rainbows
- Flowers and balloons
- Animals
- Contemporary drawing – patterns/colors
- Smiling faces
- Hearts
- Pinky Swear Logo
- Cars
- Cartoon Characters

Other Phrases to Consider:

- I am sorry for the struggle you are facing.
- We think of you often.
- I truly admire your strength and courage.
- I wish good things for you and your family.
- I am sorry you are going through this.
- I wish I could take this pain away for you.
- Thinking of you.
- Take care.
- You rock
- I care about you!
- You are the BEST.
- You are a ray of sunshine.

Phrases to Avoid:

- You got this.
- Keep fighting.
- Don't give up.
- I know how you feel.
- It will be okay.
- Get well.
- Feel better.
- Be brave.
- Be strong.
- Be courageous.
- Religious statements (e.g. Praying for you)

For **just \$5**, you can cover the cost of packaging and mailing an Orange Envelope with letters of encouragement, a gift card and resources for parents. **[Donate today!](#)**

Other Considerations:

- Make simple, folded 4x6 or 5x7 cards.
- No beads, felt, glitter or other items.
- Keep cards gender-neutral.
- Can be for All-Star child or whole family.
- No more than 10 cards, please.

Address letters to Pinky Swear Foundation: 5555 West 78th Street, Suite E, Edina, MN 55439.
Send digital cards to jessica.hansen@pinkyswear.org | Learn more and make a gift [here](#).