Thank you for volunteering with Operation Gratitude to write letter of gratitude for First Responders.
Please follow these guidelines when writing letters:

- **Write Letters for:**
  - Law Enforcement, Firefighters and/or Emergency Medical Services

- **Address letters to the following:**
  - "Dear First Responder", "Dear Hero" etc.

- **Express your thanks for their selfless service to the community:**
  - These letters will be sent to First Responders across the nation, so please refrain from mentioning your specific community.

- **Keep messages positive:**
  - Suggested topics include: expressing gratitude for their service, sharing hopeful messages, well wishes, and positive thoughts.
  - Prayers are welcome, however please avoid excessive religious comments, scripture and religious imagery
  - Share about yourself, family, hobbies, work, school, pets, travel, interests, etc.
  - Abstain from writing about violence, killing, injury, death and dying, etc.
  - Avoid all mention of politics

- **Refrain from including contact or distinguishing information for anyone under the age of 18:**
  - This includes last name, home or email address, phone numbers, school information, and social media usernames.

- **If you are over 18, you may include your contact information so letter writing recipients can reply:**
  - Due to time and location limitations, they might not reply; please do not be disappointed

- **Can't find the words?**
  - Consider drawing or painting a picture instead. Please add a note to kids' drawings with their age.
  - Refrain from using glitter or confetti please!

- **Please leave letters out of individual envelopes:**
  - All letters will go through a screening process and envelopes slow that down significantly.

  Thank you!