



### ACTIVITY

Cell phones are used every day to do all types of communicating! Why not send a text to someone showing your appreciation for them! Don't forget to sprinkle in sweet and funny emojis too! Whether you choose to send an appreciation text to a few people or to write it out on a cellphone template to give as a note, we're sure that your texts will be appreciated by those you appreciate!

Below are some samples of simple messages of appreciation you might consider sending!

**11 sample appreciation texts:**

1. Every time I see you, it makes me smile.
2. I love your positivity!
3. Thanks for laughing with me.
4. I appreciate your guidance; it has helped me so much.
5. You are truly such a great help to those around you.
6. Thanks for being a constant support to me. It means so much.
7. I maybe haven't said it lately, but I love you and appreciate you very much.
8. You are an amazing person and I'm grateful to have you in my life.
9. I feel like having you in my life makes me a better person.
10. I am grateful for you. Remember that.
11. Thank you for being your authentic self and accepting me when I am ME.

