



Sending Grace

Making the world better, one act of grace at a time
sendinggrace.org

We show up with kindness — we show up with grace.

Dear Parent,

What if your child could change someone's day with just 15 minutes and a piece of paper? That's the heart of Sending Grace. I started this program in middle school because I believed a kid with a piece of paper could change someone's entire day. I still believe that.

My name is Grace O'Rourke. I started Sending Grace after exchanging letters with my grandma during Covid. Those letters became a lifeline for her. At 83, they helped her feel connected and loved during some of the loneliest months of her life. Through that experience, I realized that many seniors feel lonely and isolated every single day. If my letters could bring my grandma so much joy, I knew kids everywhere could do the same.

How It Works:

We have two free letter templates at sendinggrace.org. The Mad Lib-style template is great for grades K–3 and takes about 15 minutes. The guided template is for grades 3–5. Both include room for a drawing, because a picture from a kid can light up a senior's whole day.

Getting Started:

1. Download a free template at sendinggrace.org.
2. Fill it out together and draw a picture. About 15 minutes, completely screen-free.
3. Give it to a senior you know, or email hello@sendinggrace.org and we'll deliver it at no cost.
4. Talk about how it feels to send a little grace into the world.

Why This Matters:

Writing letters teaches empathy, builds writing skills, and shows kids their actions matter. No social media required. Just a kid, a piece of paper, and twenty minutes.

■■■ **Recommended reading:** I read *How to Send a Hug* by Hayley Rocco at every classroom session. It's a picture book about a girl who sends letters to her grandma as hugs. Available on Amazon and at hayleyrocco.com.

All templates are completely free. Whether your child writes one letter or twenty, you're helping them learn that even a small act of kindness can make a real difference.

Thank you for raising a kind, compassionate child.

With grace and gratitude,

Grace O'Rourke

Founder, Sending Grace • sendinggrace.org

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