



East Coast Elite Volleyball Club

ECE Caring Angels: Write A Letter/Card - DO's and DONT's

DO's

- **Introduce yourself using only your FIRST NAME or NICKNAME.**
- **Make your letters/cards generic** (suitable for men and women, boys and girls).
- **Write positive messages!** Let the recipients know that you care about them by giving them kind and encouraging words. For example, let a hospitalized child know s/he is precious; let people who are on the front line battling COVID-19 that you admire their courage and hard work; let the military service men/women know that you appreciate their dedication protecting our country; let patients battling COVID-19 know your prayer is with them and wish them a speedy and full recovery. Be respectful, thankful, encouraging and kind. Please note that letters/cards with negative messages will be discarded. Example phrases are: Stay strong, You are awesome, Never forget how amazing You are, You are my hero, You rock, I hope you have a great day today and every day, You shine brighter than the sun, You inspire me, Be Brave, Sending you a rainbow, Sending you sunny smiles, Wishing you the best, etc.
- **Be creative!** Make a pop-up card, draw a picture, sketch a graph, write a poem, include a funny joke, etc. You can also use markers, coloring pencils, or stickers. Your creative letters/cards will surely brighten up our military and hospitalised kids.
- **Share only very little about yourself** if you'd like: Family, Hobbies, Schools, Pets, Favorite Music/Songs/Movies/TV Shows, etc. Only mentioning something generic not too specific or detailed about yourself.



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DON'Ts

- **Do not use commercial store-bought cards with pre-printed messages.**
- **Do not include your LAST NAME or FULL NAME; only your FIRST NAME or NICKNAME.**
- **Do not include any of your PERSONAL CONTACT INFORMATION.** For example, do not provide your mailing address, email address, phone number, social media accounts, etc. East Coast Elite will provide our Club's mailing address and contact information to all recipients.
- **Do not date your letters.** It usually takes a couple of months to deliver your letters/cards.
- **Do not put your letters into envelopes. Leave all letters/cards as open faced (no envelope is needed)** as they are required to pass screening.
- **Avoid talking about politics and religion in excess.** However, just saying you will pray for them or keep them in your prayers is wonderful.
- **No edible items** attached.
- **No hazardous items** attached.
- **No valuable items** attached.