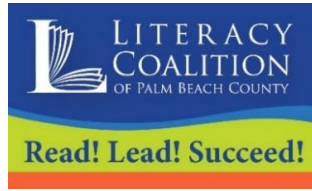


READ and THINK before you ACT.



## Leading through Reading

READ

### Thanking PBC's Essential Workers (6-8)

Gratitude is good for your well-being. It rewires your brain for positivity, boosts your energy levels and if thankfulness is directed at someone else, it makes the receiving party feel great too. In this unusual time, it is important to count your blessings and thank those closest to you. But, are you also doing what you can to thank those who are helping our community, your neighbors, your friends and your family?



Throughout the coronavirus stay-at-home order, some adults can work from home. Some adults have lost their jobs, and some cannot afford to stay home. Others leave the safety of their homes to work each day because they are considered "essential workers." These health-care professionals, social workers, grocery store employees, restaurant cooks and cashiers, journalists, postal workers, police officers, firefighters, cleaning staff and emergency medical technicians are vital to our survival. They are putting themselves at risk to help us.

You may be feeling grateful to essential workers like these, but you may not know what you can do to support them. Of course, it is important for students to stay at home for as long as it is recommended, but during this time you have the power to help by sending messages of support and gratitude by email or mail. Read [How to Write a Thank You](#) for ideas.



THINK

Have you or your family members received any benefits from having "essential workers" still going to work in the community? Why do you think taking the time to say thank you is important? Will you do so?

ACT

Take time to express gratitude to those who are sacrificing.



Hearing from young people would really help!



- Postal Workers – Letter Carriers and Clerks
- UPS Workers
- Government Workers at Veterans Hospital & TSA at Airports
- Transit Workers – Palm Tran Drivers etc.
- FP&L Workers – Keeping the power going
- AT&T Workers – Keeping our communications infrastructure going
- Construction Workers - finishing up projects
- Healthcare Workers
- Fire Fighters and Police Officers
- Many County Employees



Send thank you letters to:  
Palm Beach-Treasure Coast AFL-CIO  
Attn Ted Parsons  
1001 W 15<sup>th</sup> St.  
Riviera Beach, FL 33404  
Or Email to [tparsons@pbtcaflcio.org](mailto:tparsons@pbtcaflcio.org)

Safest  
OPTION

#### IMPORTANT NOTICE

Your letters will be posted on social media and on a special web page <https://www.pbtcaflcio.org/> so that these workers will feel your gratitude.

*This at-home educational activity is from the Literacy Coalition of Palm Beach County's literacy-based social emotional learning program.*

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*Sharing is caring! Send us a picture of you and your Lead! Read! Succeed! projects to [nbirardi@literacypbc.org](mailto:nbirardi@literacypbc.org)*