

# What Matters Most<sup>®</sup> for Young and Old

## RELATIONSHIP & DISTANCE CARDS

TALK, SHARE AND DARE  
to say and do what matters  
most to those that matter most.



## WHY

**Encouragement:** To acknowledge, honour and celebrate special relationships.

**Support :** So we can do what is most important even if we cannot be there.

**Action:** Let those that matter most know how you feel.

BE CREATIVE. BE BRAVE. BE YOU.

There is SO much you can do as family, friend, volunteer or professional. Reach out in support so nothing important is left unsaid.

# I LOVE YOU



Doodle or Draw here

Write a message here

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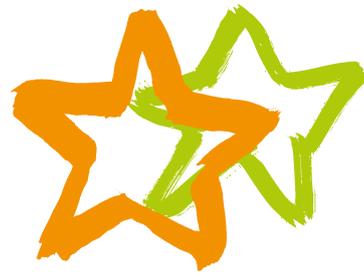
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## Guidance Notes

- Why is this person special to you?
- What is it you like about them?
- What do you want them to know about the love you feel for them?
- How can you show them you care? Talk, write, draw, share.....
- For individual, family or small group use.
- If desirable and possible, encourage return messages using the same cards.
- In distanced situations where people are separated, photos or videos can be used, eg, a picture of the completed card with or at the bedside of whom it was sent to.

# THANK YOU



Doodle or Draw here

Write a message here

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## Guidance Notes

- Have you any funny or special memories of this person?
- How has this person shown love and care to you?
- How has this helped you?
- What do you want to thank this person for?  
Talk, write, draw, share....
- For individual, family or small group use.
- If desirable and possible, encourage return messages using the same cards.
- In distanced situations where people are separated, photos or videos can be used, eg, a picture of the completed card with or at the bedside of whom it was sent to.

# I AM SORRY



Doodle or Draw here

Write a message here

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## Guidance Notes

- Love forgives 
- Are there things you wish were different?
- Are there times you didn't mean what you said?
- Is there anything you want to say sorry for?
- Is there anything you wish to do for this special person? Talk, write, draw, share...
- For individual, family or small group use.
- If desirable and possible, encourage return messages using the same cards.
- In distanced situations where people are separated, photos or videos can be used, eg, a picture of the completed card with or at the bedside of whom it was sent to.