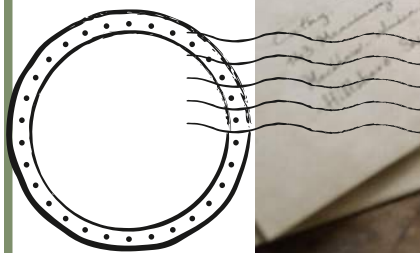


The Tending Wild Studio Guide

TO WRITING LETTERS THAT MATTER



WRITING LETTERS & STAYING CONNECTED
IN A WORLD THAT MOVES TOO FAST.

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The best way to cheer yourself up
is to try to cheer somebody else up.
-Mark Twain

INTRODUCTION

There's something about a real letter that feels different. It takes a little more time, a little more thought. But it carries something with it that a quick message never quite can.

These days, most of what shows up in our mailbox isn't personal. More people than ever are feeling disconnected, which means something simple—a few words, written by hand and sent on purpose—can matter more than we think.

HOW TO USE GUIDE

Start with one person.

If you're not sure what to say, use the prompts.

If someone comes to mind, jot down what you don't want to forget to tell them (there's a space in the back to help you keep track).

This guide isn't about doing it perfectly. You'll be surprised at the way even imperfectly written letters will change someone's day.

Write your letter. Keep it simple. Write from the heart. Just begin.

WHO TO WRITE:

**Not sure *who* to write?
Here are some ideas to get you started.**

A friend you haven't talked to in a while.

Someone you see often, but don't always pause to appreciate.

Your mom, or someone who mothered you, about something specific they did that stayed with you.

Someone who is going through a hard time. Let them know they're not alone.

Someone you admire, even if it feels a little awkward.

Someone in your everyday orbit. A small kindness goes a long way.

Someone who taught you something important.

Someone you've been meaning to thank.

Someone you've only ever texted. Surprise them.

A grandparent or older relative. Ask them a question about their life.

Someone you used to know well. Share a memory.

A child in your life. Tell them what you notice about them.

Someone who supported you during a difficult season.

Someone who might be lonely. You don't have to fix anything. Just show up.

Someone who helped you grow, even if it wasn't easy at the time.

Someone you're proud of. Tell them why.

Someone who lives far away. Bring them into a moment from your day.

Someone just because you thought of them.

Like cold water to a weary soul
is good news from a distant land
-Proverbs 25:25

IDEAS TO WRITE ABOUT

Maybe the hardest thing of all is thinking of *what* to write about. This list of over 20 ideas will give you a jumpstart.

Talk about a memory you share with them that still makes you smile.

Tell them about something small in your day that reminded you of them.

Tell them something you've always appreciated about them but never said out loud.

Share what you've been learning or thinking about recently.

Ask them what's been bringing them joy lately.

Ask them about a favorite memory from their childhood.

Share something that made you laugh recently.

Describe a place you've been recently (or wish you could go) and why it stayed with you.

Tell them about something you're proud of them for.

Ask them what they've been creating, cooking, growing, or enjoying.

Share a simple moment from your day in detail—the kind you might normally skip over.

Tell them what you remember most clearly about the last time you saw them.

Share something you admire about the way they live their life.

Tell them about something that's been on your mind lately.

Make some plans or suggestions on things you can do together next time you're in the same place.

Recall a favorite inside joke you both shared.

Tell them why you're grateful they're in your life.

Ask them what they're looking forward to right now.

Ask them if there's anything they've been wanting to do but haven't yet.

Share a favorite book, movie, or song and why it mattered to you.

Tell them about a season of your life that changed you.

Ask them what they wish more people understood about them.

Share something you've been noticing more lately—
about the world, or yourself.

Tell them about something you miss.

Ask them about someone who influenced their life.

Share something kind you've witnessed or experienced
recently.

Make a list of the places or events you've gone to or
shared.

A random act of kindness you witnessed or want to try
yourself.

Something on your bucket list.

A list of questions you've wanted to ask the other person.

One thing that reminds you of the other person.

Write about something that was sparked by a scent, a
season, or a taste, and why.

Something you overheard that made you laugh.

Not everything meaningful
has to be said out loud.
Some arrives folded inside
a first class stamp.

LIGHTWEIGHT THINGS TO ADD TO ENVELOPES

**Adding extras to your letter is not mandatory,
but it's fun sometimes.**

**Be careful to keep the envelope flat and the total weight under
one ounce if using a First Class Stamp.**

Small pressed flowers or leaves
(fully dried and flat)

A photo

A bookmark (without a tassel)

A handwritten recipe card

A favorite quote on a small card

A drawing or doodle

A small painting on paper

A poem

A playlist written out by hand

A few flat flower seeds

A newspaper or magazine clipping

A small printed photo collage

A washi tape sample

A simple origami shape

A handwritten list (books, movies,
songs, memories)

A postcard tucked inside the letter

A small calendar page

An affirmation card

A personalized QR code with your
current favorite playlist or a playlist
you shared from your past.

Something fun for them to add to
a junk journal.

A sticky note with a favorite quote
written on it.

A gift card.

THINGS THAT STILL FIT IN AN ENVELOPE (BUT MAY REQUIRE EXTRA POSTAGE)

Sometimes the thing you want to add will fit into the envelope, but will bump the weight over one ounce or it will be too bumpy to run through the postmark machine.

Heavier and lumpier items can be added; it will just cost more money and might require the postal clerk to handstamp your envelope for you.

More than one photo

An extra recipe card

A tea bag

A flat friendship bracelet

A small fabric swatch or scrap

A folded zine or mini booklet

A stitched pamphlet

A thicker watercolor piece (heavier paper)

A small envelope inside with multiple items

A lightweight magnet

A small craft piece (flat but textured)

A flat piece of candy (not something that can melt)

A small paper garland (folded)

A handwritten letter plus an additional note card

A thin handmade card with layered elements

A small collection of printed prompts or journaling pages

A pressed flower tucked between protective cards

A small pack of stickers

A flat “care package” of a few combined items

To write is to taste love twice.
-Anaís Nin

HELPFUL GUIDELINES IN SENDING MAIL

Keep your envelope under 1 ounce if you're using a single first-class stamp (even a little over will require extra postage).

Make sure everything inside can bend. Mail is processed by machines, and rigid items can cause issues or delays.

Avoid bulky or lumpy enclosures. Thick or uneven letters may not run through standard sorting machines and could require additional postage.

If you're including multiple items, keep them flat and evenly layered inside the envelope.

Seal your envelope well, especially if you've added anything extra inside.

If your letter feels thicker than usual, it's always okay to ask at the post office—they'll make sure it has the right postage.

If you're sending the letter internationally, make sure you're using the correct postage.

When in doubt, keep it simple. A thoughtful note on its own is more than enough.

LETTERS TO SEND

Write your ideas here so you don't forget

TO:

THINGS I WANT TO REMEMBER TO TELL THEM

TO:

THINGS I WANT TO REMEMBER TO TELL THEM

TO:

THINGS I WANT TO REMEMBER TO TELL THEM

TO:

THINGS I WANT TO REMEMBER TO TELL THEM

“Think of all the beauty still left
around you and be happy.”
-Anne Frank

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TO:

THINGS I WANT TO REMEMBER TO TELL THEM

To love and be loved is to feel the sun
from both sides.
-David Viscott

SOMETIMES YOU MIGHT WANT A LITTLE MORE

Nearly half of adults say they feel lonely. And most of what arrives in the mail isn't personal.

That's why I created Petals in Post Mail Club as a tangible way to reach out to the folks who feel lost and lonely in a world that moves too fast.

And for people like you who want to stay connected but are balancing a very full life.

Once a month, I send a first-class, stamped envelope filled with intention. Inside is a floral watercolor print, a personal letter from me, an information card about the flower I painted that month, and sometimes an extra little surprise here or there.

It's wrapped in vellum, to make it feel special, and sent into the world in a green envelope.

It's a simple way to stay connected—and to send a little joy to someone you love each month.

Find out more at
www.tendingwildstudio.com

TENDING  Wild STUDIO