

Dear [Adult's Name],

I hope you are feeling a little better today. I wanted to remind you that it's okay to feel sad sometimes. I know things have been tough, and I want you to know that I'm here for you.

You are so strong and brave, and I look up to you every day. I love the way you always try to make everything better for everyone around you. Remember, it's okay to take a break and let others help you too.

If you need to talk, I'm always here to listen. We can also watch your favorite movie together or go for a walk in the park. Whatever you need, I'm by your side.

Sending you all my love and the biggest hug ever!

Love,
[Your Name]