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| **join the #thankyoupostie challenge** |

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| Life as we know it has changed for the foreseeable future. Going to work, dropping the kids off at school, taking trips to the park - activities that we once took for granted are now completely off the cards.In turn, we are given time to reflect on and take stock of what matters in life; time to be fully present with our children and time to consider the admirable work and selfless acts of all of those fighting on the front line: NHS and health care workers, supermarket staff, police, postal and delivery workers.Today's free printable focuses on the postal workers who continue to get out of bed in the morning, put on their uniform and ensure that essential items and notes of love and consideration reach each and every one of us, daily. Print this out and encourage your small human to write a thank you note to the kind postie who is continuing to deliver their food, stay at home necessities (+ Banjo letters!). Stick it on your front door and brighten up their day. Alternatively, we have a blank template that you can address to anyone on the frontline!In times of uncertainty and hardship, the best thing we can do is to teach our children the importance of sharing love and kindness. The Cats at Banjo HQ |

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