[Date]

Dear Mom and Dad,

I hope this letter finds you both in the best of spirits! I wanted to take a moment to share some exciting things that have been happening in my world.

First, I enjoyed [describe a fun event or activity]. It was so much fun because [explain why it was enjoyable]. I can't wait to tell you more about it!

Also, I've been working on [mention a project or hobby]. It's been really interesting, and I've learned so much about [share what you've learned]. I miss you both and can't wait to tell you more when we're together. Let's plan a special family day soon! Sending you lots of love and big hugs! Yours truly, [Your Name]