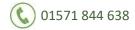


Activity:	Letter to	My Fut	ure Self		
Habitat:	Any			Season: S ✓ S ✓ A	✓ W ✓
Lavel			C		
Early First Second Third and For Senior Phase  Equipment* Letter templa Instructions Pen Hard surface Sellotape	ate	✓ ✓ ✓	Curriculum topics  Expressive Arts Languages Religious & Moral Ed Social Studies  Time 20-30 minutes  Key outcomes Reflect on an activity	Health and Wellbeing  Mathematics Sciences Technology  or session into and express feelings	
·			Learn/practice how to	o write a letter and address it	
*Items depicted in I	bold are availabl	e from CAL	LP		
activity or lead requirements.  It is recommendanyone else to for each other writing.  Also emphasia available to to the examples of the examp	erning sessions with great to discourage that no-consistent that has been by remains the second with the second the second to second the second	on they I er or les ndividua ge talking ning quie one will vish to se	have just been involved i ser facilitator input depe als within a group find a o g and communicating. It et for the duration of the be seeing their letter but ecurely seal their letter.	connection with feelings in relation. Can be adapted to specific ending on age group and ability.  Quiet spot where they are not cliss also important to encourage ractivity, until everyone has finish them, and state that there is Section to this activity sheet, based on a	ose to espect hed ellotape
Notes					
Notes					
Notes					







## Letter template

Dear My Future Self, Today I have take part in [Insert relevant info here]. What I enjoyed about today was It made me feel Something I didn't enjoy very much was because One of my favourite facts about [insert subject here] is I find this interesting because By taking part in [insert relevant info], the thing I am most looking forward to is because

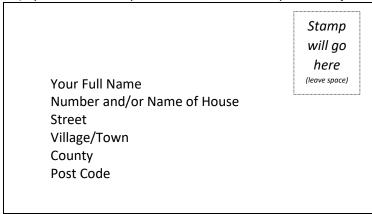
I think being outside and exploring different wild places will make me feel
because
Some thoughts and feelings that come up when I think about [insert future activity] are
After [activity] I think I might feel
Some other things I would like to add, either from today, or thoughts are
With love from,
07 July 2020 <mark>(DATE)</mark>
UZ IIIV ZUZU IIZBI ET

### **Guidance Sheets**

#### **Letter to my future self activity**

- Find a place on your own away from everyone else
- Fill in the blank spaces with your thoughts and feelings relating to the prompted sentence beginning.
- We have more paper if you need additional space or would like to add anything to your letter.
- This letter is for your eyes only, so take the time to explore what you think and how you feel and aim to write honestly about your experiences and feelings.
- At the end, sign the letter off with your name.
- Once you have finished writing, place your letter in an envelope and seal it (sellotape is available).
- Write your home address on the front of the envelope (see example template below).
- Hand your letters back to Kat. We <u>will not</u> open them or read them. They will be sent to you soon!

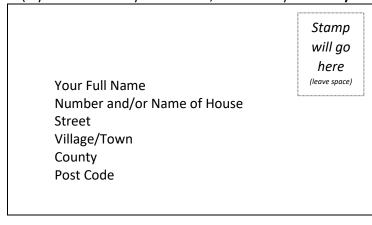
Template for address (if you don't know your address, make sure you write your name):



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# Feeling words

### Expressing feelings – words to help with letter to my future self

Peaceful	Satisfying	Unhappy	Displeased
Calm	Proud	Unsure	Embarrassed
Quiet	Sociable	Not used to	Disinterested
Focused	Amazing	Different	Unwilling
Excited	Intriguing	Ambivalent	Challenged
Нарру	Curious	Unhelpful	Sad
Pleased	Confident	Uncomfortable	
Satisfied		Undecided	

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	Undecided	
	Proud Sociable Amazing Intriguing Curious	Proud Unsure Sociable Not used to Amazing Different Intriguing Ambivalent Curious Unhelpful Confident Uncomfortable

### Expressing feelings – words to help with letter to my future self

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