

Outdoor & Woodland Learning Activity Sheet

Activity:	Letter to My Future Self									
Habitat:	Any	Season:	S	✓	S	✓	A	✓	W	✓

Level	
Early	
First	
Second	✓
Third and Fourth	✓
Senior Phase	✓

Curriculum topics			
Expressive Arts		Health and Wellbeing	✓
Languages	✓	Mathematics	
Religious & Moral Ed		Sciences	
Social Studies		Technology	

Equipment*
Letter template
Instructions
Pen
Hard surfaces/clipboards
Sellotape

Time
20-30 minutes

Key outcomes
Reflect on an activity or session
Self-reflect and tune into and express feelings
Learn/practice how to write a letter and address it

*Items depicted in bold are available from CALLP

Activity description
<p>A quiet activity that encourages individual reflection and connection with feelings in relation to an activity or learning session they have just been involved in. Can be adapted to specific requirements with greater or lesser facilitator input depending on age group and ability.</p> <p>It is recommended that individuals within a group find a quiet spot where they are not close to anyone else to discourage talking and communicating. It is also important to encourage respect for each other by remaining quiet for the duration of the activity, until everyone has finished writing.</p> <p>Also emphasise that no-one will be seeing their letter but them, and state that there is Sellotape available to those who wish to securely seal their letter.</p> <p>Examples of templates and guidance sheets are attached to this activity sheet, based on school trips the OWL project has been involved with.</p>

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 *(DATE)*

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 ***will not*** 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**):

<p>Your Full Name Number and/or Name of House Street Village/Town County Post Code</p>	<p><i>Stamp will go here (leave space)</i></p>
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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
Happy	Curious	Unhelpful	Sad
Pleased	Confident	Uncomfortable	
Satisfied		Undecided	

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