

## Letter to Future Self Activity

Lesson Plan: Letter to Future Self - Nurturing Social and Emotional Health

Grade Level: 6<sup>th</sup>-8<sup>th</sup> grade

Curriculum Outcomes:

Health 1: Understand that emotional, mental, and behavioral health and well-being are as important as physical health and well-being.

Lesson Objectives:

1. Understand the importance of emotional, mental, and behavioral health in maintaining overall well-being.
2. Reflect on personal social and emotional health experiences and growth.
3. Develop self-awareness and self-compassion by writing a letter to their future selves.
4. Encourage empathy and understanding towards the social and emotional well-being of others.

Duration: 1 class period (45-60 mins)

Materials:

1. Markers, colored pens, and other art supplies
2. Lined paper, notepads, or laptops for students' letter writing
3. Envelopes (optional)

Procedure:

A. Introduction (10 minutes)

- Begin the lesson by discussing the importance of social and emotional health and well-being. Explain to students that emotional, mental, and behavioral health are as vital as physical health for leading fulfilling lives.
- Share examples of how emotions, thoughts, and behaviors can impact overall well-being.

B. Self-Reflection and Letter Preparation (10 minutes)

- Ask students to take a few minutes to reflect on their personal, social, and emotional health experiences. Encourage them to think about challenges they have faced, moments of growth, and the importance of self-care.
- Explain to the students that they will be writing letters to their future selves, focusing on their social and emotional well-being. Encourage them to be honest, compassionate, and thoughtful in their letters.

C. Letter Writing and Artistic Expression (20 minutes)

- Provide students with lined paper or notepads and allow them time to write their letters to their future selves.
    - o Alternatively, students can type their letters on laptops.
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- Remind students to include reflections on their social and emotional growth, self-care strategies, and aspirations for the future. Encourage students to envision where they will be this time next year, or even 5-10 years from now.
- Discussion Prompts:
  - What's the most important thing in your life right now? How do you think that will change in the future?
  - What is the bravest thing you've done so far?
  - What is something that you are proud of yourself for?
  - What makes you feel confident and/or happy?
  - What is something you hope to accomplish?
- Encourage students to use markers, colored pens, and other art supplies to decorate their letters and add personal touches.
- Students can also create a visually appealing cover for their letters.

#### D. Letter Preservation (5 minutes)

- Pass out envelopes for students to secure their letters.
- Instruct students to keep their letters in a safe place to be opened at a later date, such as the end of the school year or during a special event (i.e., graduation, birthday, etc).

#### Conclusion:

- Review the main points of the lesson: understanding the importance of emotional, mental, and behavioral health and expressing self-compassion through the letter-writing activity.
- Encourage students to continue prioritizing their social and emotional health and well-being in their daily lives.
  - Remind them of the power of self-reflection and self-expression as valuable tools for personal growth and resilience.

#### Assessment:

- Assess student participation and engagement during group discussions and the letter-writing activity.
- Follow up with students later in the school year to revisit their letters and reflect on their personal growth and well-being.

#### Extension:

- Encourage students to talk with their family or friends about the importance of social and emotional well-being, promoting understanding and empathy within their social circles.
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