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# LESSON PLAN:

## LETTER TO FUTURE SELF

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NAME	GRADE	DATE
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**OBJECTIVE**  
2nd - 8th grade students will enhance writing skills by crafting a letter to their future selves, practicing visualization to imagine their future at a specific age and reflecting on current goals, dreams, and school year experiences.

**MATERIALS**  
**1.** Paper  
**2.** Crayons/colored pencils (younger grades)  
**3.** Visual aids (optional): simple images or prompts for visualization

**INTRODUCTION**

**1. Setting the Tone (15 minutes):** Start the lesson by asking students if they have ever thought about what they might be like when they are older. Keep the introduction age-appropriate for each grade level. Introduce the concept of writing a letter to their future selves, explaining that it's like sending a message to the person they will become.

**2. Visualization Exercise (15-20 minutes):** For younger grades, guide students through a simplified visualization exercise. Encourage them to think about what they might like to do or be when they are a bit older. For older grades, you can use more detailed prompts for visualization. Allow students to share some of their thoughts with a partner or the class, promoting a supportive and positive environment.

**ACTIVITY**

**Letter Writing (20-30 minutes):**

1. Encourage students to think about what future age they would like to write a letter to. Are they one year older, are they graduating from high school, etc.?
2. Ask students to reflect on what they would like their future self to remember about this school year? What did they learn? What were some of their favorite experiences this year? What do they want their future selves to know about who they are today? What goals are they hoping to be working on in the future?





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### ACTIVITY (CONTINUED)

3. Ask students to write a letter to their future selves based on their visualizations. Younger grades may need sentence starters or templates to scaffold their writing. For older grades, encourage more detailed reflections and goals.
4. Emphasize the use of descriptive language and encourage creativity in expressing their thoughts and feelings.

### Sharing and Reflection (10-15 minutes):

1. Invite students to share parts of their letters with the class or a small group. Keep the sharing session age-appropriate, adjusting expectations for younger grades.
2. Facilitate a brief discussion about what they enjoyed about the activity and what they hope for in the future. Use age-appropriate questions for each grade level.



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### CONCLUSION

Conclude the lesson by stressing the significance of occasionally looking toward the future. Remind students that their future selves will deeply appreciate this meaningful glimpse into their past selves. Encourage them to cherish the connection between their present and future, fostering a sense of appreciation for personal growth and development over time. Remind students to keep their letters in a safe place where they are sure to find them in the future.

### HOMEWORK / EXTENSION

Ask students to create a "Time Capsule Snapshot" that captures a physical representation of their current selves. Instruct them to select a few small items or artifacts that represent their interests, personality, or memorable moments from the school year. This could include small drawings, trinkets, or written notes. Encourage students to seal these items in a container or envelope labeled with their name and a future date (i.e., one year from now). Students may choose to keep their letters with these time capsules.

### ASSESSMENT

Evaluate students based on their engagement in the visualization exercise, the content and effort put into their letters and/or collages, and their ability to share and reflect on the experience during the class discussion. Adjust expectations and criteria based on the age and grade level of the students.