

LETTER TO YOUR FUTURE SELF -- DIRECTIONS

This letter-writing activity is for my Health students in all grades (6th and 7th grade students--this will not be in the packet, but will be in Google Classroom). The directions are simple...you will be writing a letter to your future self. More details about this letter are below. Years ago, I had done this project before with my classes, and the students have enjoyed it...especially when they get their letters back.

- Think about your high school graduation. Imagine how your life might be different at that point, and think about what you would say to yourself if you were able to contact yourself in the future. For example, would you want to tell about special memories you don't want to forget or give yourself advice?
- Before writing, you need to brainstorm ideas for your letter. Remember, no can predict the future, and this activity is not about making predictions to see if your predictions come true. It's more like a time capsule activity where you write about what your life is like now and perhaps give yourself some advice or words of encouragement. If you need help getting started, please see the "Letter to Your Future Self--Brainstorm".
- When you are ready to write, be sure to remember to put today's date at the top and open with a greeting such as "Dear Future Me" or something similar. Please include in your letter, my email address: ddickinson@joliet86.org. This will give you a way to keep in contact with me, and I would love to hear from you once you open this future letter.
- Normally, this letter would be done in class. However, with the COVID-19 pandemic, that is not possible. The date being used for your letter is the year of your high school graduation (May or June of the year listed below). When you finish writing your letter, you have two options: 1) With your parent's permission and guidance, use the website FutureMe.org. You can copy and paste your letter, and schedule them by delivery by email--see the dates below. OR 2) You can print your letter and put it into an envelope, and give it to your parents to hold. On the envelope, please put your name and one of the following dates:

6th Grade -- Class of 2026
 7th Grade -- Class of 2025
 8th Grade -- Class of 2024

- I do NOT need a copy of your letter posted in Google Classroom. Please just complete the "Letter Finished" document that is also posted and turn in by the due date.
- I have emailed a letter explaining the project, as well as attached this document, the brainstorm document, and the letter finished document to your parent(s)/guardian(s).
- No access to Google Classroom. Complete the "Letter Finished" document on paper, and then take a picture of it and email it to me at ddickinson@joliet86.org.

LETTER TO YOUR FUTURE SELF -- BRAINSTORMING

Before writing your letter, brainstorm and record your ideas below. If you have ideas that don't fit into these categories, turn your paper over and record it on the back.

About Me Now Hobbies/Interests, Feelings, Friends, World Current Events, etc.	Plans for My Future Hopes, Dreams, Goals, etc.	Words of Encouragement Reminders, Favorite Quote, Advice, etc.