

Optimistic Closure



Future Me



Time Needed: 5 - 7 minutes

Overview:

This activity involves asking participants to write a letter to their "future self" about what they learned from the engagement and what they'd like to take away. It may be appropriate to encourage them to offer themselves "sage advice and heartfelt appreciations" to remind themselves of the goals and aspirations of today.

When and why:

This is a great exercise for the start or end of the school year. You can mail the letters at the end of the year or right before school begins, or have participants use the website www.futureme.org and email their letter to their future self, choosing when they would like their message sent to them.



SEL Focus:

This activity builds **Self-Awareness**, as participants identify what they have learned and how they will use that knowledge.

Steps:

1. Hand out paper, pens, and stamped envelopes and ask participants to self-address the envelope.
2. Read or post prompts that connect to the session, for example, "What have you learned that you plan to apply to your practice? What do you want to remember from today's session?"
3. Collect letters in their sealed, self-addressed envelopes, and inform participants that you will mail the letters to them at a later date.

Modifications and Variations:

Provide a postcard to each participant instead of paper and an envelope, reminding participants that this "letter to self" will be public, since their writing will be visible during the delivery process.