

# Kooth Activity Sheet



**ENERGY LEVEL:**  
Grounding



**NO. OF PEOPLE:**  
1+



**ESTIMATED TIME:**  
30mins

## A letter to your future self

### ACTIVITY OBJECTIVE:

To encourage young people to develop self-compassion and self-awareness by writing a letter to their future self.

### MATERIALS REQUIRED:

1. Paper
2. Envelopes
3. Marker Pens
4. Colouring Pencils
5. Any additional materials for decoration (Stickers, stamps, etc.)

### INSTRUCTIONS:

1. Hand out a piece of paper and envelope to each young person.
2. Ask them to take a minute to think about what they'd like to share with their future self. (You can ask questions like, 'What kind of person do you think you will be?' and 'What job will you be doing?')
3. Then, ask them to write a letter to their future selves.
4. Once they have finished, they can decorate their letter and draw a stamp on their envelope.
5. Finally, ask them to put the letter in their envelope, seal it, and write a future date when they would like to open it. (I.e. Their last day at secondary school.)
6. Tell them to keep the letter and open it on the date that they've chosen.
7. Have a discussion about the activity. You could ask questions like, 'How do you feel about opening this letter in the future?' and 'What would you say to your younger self?'



Get free, confidential mental health support at [go.kooth.com/6w7x](https://go.kooth.com/6w7x)

*At Kooth, you can chat anonymously with a mental health practitioner, access a self-help library of articles, and connect with a community of young people easily from your phone or tablet.*