

Memories

Month: May

Week #: 37

Day: e. Fri. Time: 1 hour plus

A Letter to Myself

Life Tree Learning Systems ©

Objectives/Aims

The students will: write a letter to themselves to help them reflect on the previous year's events, set goals for the summer and to mentally prepare for the upcoming school year.

Materials

lined paper, envelopes, stamps and pencils

Illustration

Here's the letter Number 7 wrote to myself... No, I mean himself... But it's called, 'A Letter to Myself'.... I'm so confused!

Background

It has been said that 'a life worth living is a life worth recording.' Our lives do have worth and meaning and by intentionally reflecting on our past experiences and proactively setting goals for the future we help create a fulfilling life.



5/20/10

Dear Self,

Map and Globe Day was my favorite memory this year. I especially remember the map pizzas we made with blue sauce. The sauce tasted terrible and it stained my tongue blue! It was a neat day though, with searching for gold and making cantaloupe globes.

This summer I want to learn how to dive off a diving board. I think it will fun, but I'm scared.

I think I'll try to help my mom around the house more. I think she'll like that!

Next I want to remember that I can do it, even when the work is hard. I am a capable person.

Why did the mouse go to the shoe store? To get new squeakers!

Your best friend,
Number 7

Group Activity

1. Say, "By a show of hands, how many of you like to receive a personal letter in the mail? A way to guarantee getting a letter is to write a letter to

yourself. After you write your letter, I will mail it to you right before school starts. The purpose of this letter is to help you savor some of your favorite memories from the last school year, set some exciting goals for the summer and to get you mentally prepared for next year."

2. Say, "On the board I'm going to list six topics to help you organize your letter. Remember your letter will only be as good and meaningful as you make it. In other words, do your best work possible."

Topics:

- What is your most favorite memory from this last year? ("Something you'd like to remember for all time.")
- What is one thing that you'd like to accomplish this summer? (e.g. trip, special projects, etc.) Make sure this is a realistic goal.
- What is one thing you can do to be of service to others?
- What are three things that you are especially thankful for?
- What is one thing that you want to be sure to remember that will help you make a good school year next year?
- What is one good joke that will make you laugh?

Variations/Extensions

1. The topics can be typed up and the students can answer the questions directly on the xeroxed copies.

Variations/Extensions (continued)

2. For older students of nine years and up, extend the length and depth of the goals and send the letter to them in one to five years or even longer.

3. Have the students leave the envelopes unsealed, assuring them that you won't read their letters. Then, you can insert a signed photo, short note, etc

Conclusion

Say, "Just think, you can look forward to getting a letter in about three months. I hope you enjoy it and that it inspires you to make a successful year next year!"

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