

## **Write a letter about this year to your future self**

What an unusual year this has been for everybody! The world has turned upside down for you...your friends...your family...

When you look back on this time a year from now and five years from now, what will you remember? Write a letter to yourself about the experiences you've had in 2020.

Let's get started! Here are a few questions to get you thinking – and you can add your own as you go.

### **What do you miss most?**

Is there a sport, a club or an activity that stopped for you?

### **Whom do you miss most?**

Is there a special friend or relative you couldn't see for a period of time?

### **Is there something new you've started doing because you're at home?**

Do you play games or take walks? Do you bake or do yoga? Is having an online visit a new adventure for you?

### **What helped you cope or get through this time?**

What kept you from being anxious or getting worried?

**What has made you happy?**

A little extra sleep? Lunch at home? Hanging out with someone all day?

**If this were to happen again, what would you do differently to prepare?**

**What will you remember about being home for so long?**

**What have you learned about YOU?**

You can write your letter by hand or using a computer or tablet. If you use a computer and you have a printer, print it off. Otherwise, save it in a safe place you remember (or email it to a family member to save for you).

If you write the letter or can print it off, put it in an envelope (if you have one) and write the date on the outside.

Put it somewhere safe so you'll find it in a year!