

Letter to Self

GLO: Effective Communicator

ACTIVITY	RESOURCE	TIME
<p>Bellwork: Large group: Pass out the “Letter to Self” Time Capsule handout to each student.</p> <p>Go over the six parts of the letter to self as well as the grading rubric.</p> <p>Tell students they are creating this time capsule in order to 1) record specific details about their life at this moment, 2) reflect on what is important to them, and to 3) reflect on how envision their future.</p> <p>IMPORTANT: Be sure that students know that you, and you alone, WILL be reading these letters. They are encouraged to be honest and specific, but if they are uncomfortable sharing certain things with you then they should leave those details out. Furthermore, please make them aware that you are required to report any evidence of abuse to the proper authorities.</p>	“Letter to Self” Time Capsule Handout	7”
<p>Activity: Students will write their letters. Remind them to refer to their handouts for the requirements and grading rubric.</p>	Paper pen/pencil	23”
<p>Exit Pass: Collect the time capsule letters.</p>		
<p>After the lesson: After reading and grading the letters, store them in a <u>secure</u> place. Remember, you will be handing these back to them their senior year, so you want to put them in a place where you will not lose them.</p> <p>Next week we will be going over how to properly address an envelope. The letters will be sealed in those envelopes.</p>		

"Letter To Self" Time Capsule

Merriam Webster's definition of "time capsule": A container holding historical records or objects representative of current culture that is deposited (as in a cornerstone) for preservation until discovery by some future age.

You will be making a time capsule in the form of a letter to yourself. Your PTP teacher will keep your letter for the next three years and give them back during your senior year.

Your letters should include the following six parts.

ME, NOW: my hopes, fears, dreams, intentions, goals, problems, concerns, likes, dislikes, joys, frustrations; what I like about myself; what I don't like about myself; what I'm proud of; what I think about; what bothers me; who I am, etc.

MY WORLD: a description of my home, bedroom, school, neighborhood, town; my favorite places to go; chores, allowance, pet(s), possessions, clothes, religion, current events; FAVORITES – books, music groups, movies, TV, etc.

WHAT I DO: my hobbies, pastimes, sports, school activities; what I do with friends; favorite snacks and foods; chores; how I spend my weekends and vacations; special activities I do, organizations I belong to, etc.

PEOPLE IN MY LIFE: my family, siblings, aunts & uncles, grandparents, friends, best friend(s), teachers, the opposite sex, "him" or "her", who I like, people I'd like to know better, people I admire and respect, important people in my life, people who annoy me, etc.

MY PAST: where I was born, where I lived, growing up, childhood accidents, childhood memories, schools I attended, previous pets, trips I've taken, important events in my life so far, former friends, former teachers, teams I played on, previous romances, etc.

MY FUTURE: predictions, what I want to do, my long range intentions, what I'm looking forward to; what I'm dreading; my goals, my hopes and fears for the world; summer vacation, high school, college, marriage, employment, etc.

In doing this "Letter to Self," you do not have to write about each sub-topic, write about what is important to you. You may also want to write about something important to you that isn't mentioned above. Create your own categories. This "Letter To Self" is for you, and it should deal with the elements and aspects that are important and real in your life – the good, the bad, and the ugly! The more honest you are with yourself, the more you will appreciate and value your letter in years to come.

Grading Rubric:

A: Must complete all **six (6) sections** and write at least **three (3) sentences in each section.**

B: Must complete **five (5)** of the six (6) sections and write at least **three (3) sentences in each section.**

C: Must complete **four (4)** of the six (6) sections and write at least **three (3) sentences in each section.**

Anything less than the above will result in a failing grade.