


My Future Self

Think about your future self - what would they be saying to you right now?
What words of encouragement would they say to give you a boost?

Dear me...



My Future Self

Age-appropriate activity.

Amend to suit (children can draw if they can't write sentences, or if they want to tell you and you write for them instead)

What does my future self mean, who is this?

Give examples at the start if needed, what would your future self as the support worker be saying, let the child hear your example.

They don't have to share their letter with you. They can take this home and refer to it when they feel sad, low or worried.