



WRITE A LETTER
TO YOUR FUTURE
SELF



A series of 18 horizontal blue lines for writing, enclosed in a teal border.



NAME:

DATE:

TOP FIVE MEMORIES FROM LOCKDOWN

- 1.
- 2.
- 3.
- 4.
- 5.

- Favourite TV show to watch
- Favourite meal to eat
- What you look forward to sharing with your friends

Draw a picture of your household

How are coping?

What have you learnt about yourself during this time?

How are you feeling this week?