



## Fairfax County Neighborhood & Community Services

### #NCScconnects Virtual Activity

**Activity:** Letter(s) to Self

**Category:** Health and Wellness

**Suggested Grade Level:** Grades 7-12



**Description:** This activity can be tailored for all age groups; but for teens especially, it is imperative to constantly monitor your emotions (happy, sad, afraid, lonely, angry, etc.). As you grow older, you will be able to share what it was like to live through a time like this with people who may not have experienced it. In addition, take some time to be as artistic as you can. Express yourself through art or poetry to help complement your letters.

#### Supplies:

- 6 pieces of paper
- Pen or pencil
- Coloring utensils (marker, crayon, colored pencils)

#### Instructions:

On each piece of paper, finish one of the following sentences.

1. Looking back on my time at home (in quarantine), I will remember...
2. What I typically do during the day is...
3. The biggest change for me has been...
4. Some things I like and dislike are...
5. The people I spend time with are...
6. The thing that I am most looking forward to doing when this is over is...

**Takeaways:** What will you tell them about this time in your life? What have you learned about yourself from this experience? Has this time at home made you thankful for anything? If so, what?



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