

MATES Junior Activity Resource Guide

Goal: Positive Attitude & Identity

Activity Type: Individual
Relationship Stage: Any

Activity Name:

"Future Letters"

Objective:

For the mentee to think about their goals and the future

Preparation Time:

None

Activity Duration:

20 minutes

Required Material:

- Paper
- Pen/pencil

Instructions:

- On a piece of paper, the mentees writes down their thoughts about what they would like to do in the future. The letter is addressed to their Future Self.
- Choose a date or age that the letter is aimed at, e.g., a future self at age 16, or for two years time.
- Use prompts to help the mentee think about future-oriented things:
 - Who am I now and what would I like to change/stay the same?
 - What would I like to be doing?
 - What would I like to achieve? (e.g., academic, sports, cultural achievements).
 - What skills would I like to learn? (e.g., public speaking, another language, how to make an app for a smartphone, play their favourite song on guitar).
- Seal the letter in an envelope and mark with the date it was written and when can be opened.