

A letter to tomorrow me

AGES 5-10 / ABOUT 10 MIN / WITH A GROWN-UP

1. Draw how you feel right now in the face box.
2. Write or dictate 3 sentences: Today I learned... Tomorrow I want to try... A question I have is...
3. Seal it. Put where you will find it tomorrow morning.

How I feel right now

Today I... Tomorrow I... I wonder...

MY NAME OR MARK: _____

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THE GROWN-UP GUIDE

Reflection builds emotional vocabulary.

GATHER

This sheet, crayons, envelope or fold, safe spot to place letter.

A QUESTION TO BORROW

What feeling was strongest today? Where did you feel it in your body?

MAKE IT EASIER

Point and draw: happy, tired, curious, proud. Dictate one sentence.

ADD A CHALLENGE

Add advice from tomorrow-you to today-you. What would future-you say?

A GOOD PLACE TO STOP

Deliver the letter to its hiding spot together.

KEEP IT COMFORTABLE & SAFE

All feelings okay. Pause if big feelings come.

CONNECTED TO

The Sage Dad · Time together

Age ranges are a guide. Let your child point, draw, dictate or write.
Use with a grown-up; pause whenever either of you needs a break.