

Lesson Plan

Dear Future Me

Book: *Writing in a Journal*

Series: How to Write

Level: Beacon

Objective

To help students practice journaling by writing a letter to their future selves.

Supplies

- *Writing in a Journal* book
- Whiteboard
- Paper and pencils

Before the Activity

Read through the *Writing in a Journal* book, or assign it to students to read on their own. Write the following prompts on the whiteboard:

- What type of job or career would you like to have?
- What place (or places) would you like to visit or live in?
- What is something you hope to get better at or learn more about?
- What do you hope is different about you or your life? What do you hope is the same?

Activity

Journaling can be a great way to reflect on the past, process the present, and think about the future. By recording their thoughts and feelings, writers can often gain a better understanding of themselves and the people around them. Journals can also be fun for people to look back on when they're older. Some people start their journal entries with "Dear Diary" or some other greeting. Today, students will write a letter to their future self. Invite students to imagine what their lives might be like in 5, 10, or even 15 years. Students can think through the questions on the whiteboard. They can also write about any other hopes, worries, and dreams. Students should start their journal entry with "Dear Future Me." After that, they can freewrite. That means writing down ideas in any form they think of.

Evaluation

Give students several minutes to write. Then invite students to turn to a partner to talk about the process. They can share which question(s) they answered or even read part of their writing if they want. Walk around the room as partners talk to check that each student wrote something.

Standards

This lesson may be used to address the Common Core State Standards' writing standards, grade 3 (W 3.4).