

Time Capsule: A Letter to My Future Self

Component: Future Development

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Supplies: Jar, Paper

Write a letter to your future self-starting: “Dear My Future Self...”

Document:

- What I’ve learned through this experience about myself, my caregivers, the world.
- Things you need to know in the future about the person you were when this happened.
- Be sure to document the child’s innocence (via favorite book, developmental tasks – I lost ____ teeth this year, just got learner’s permit, etc.), how strong I am, how brave I am, what I’m proud of now.

Choose a memento that is important to the child now (rock, etc.) and bury it along with the letter in a “time capsule” to open when the child is 18, 21, 30. Bury it with the caregiver’s help in an agreed upon spot that the child can come back to and dig up in the future. Do not include identifying information just in case. Dig it up in the future!