



Letter in a Bottle

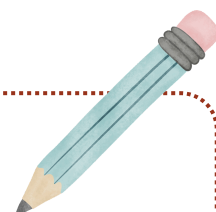
A Gift for your Future Self

Write a letter or draw a picture of encouragement to your future self.

YOU'LL NEED:

- A bottle with a lid.
- A piece of paper that when rolled can fit into the bottle.
- A Permanent marker.
- Some special items that can fit inside, like a photo, shells or small trinkets.

HOW TO DO IT



- Take a piece of paper (on the next page) and write a kind, encouraging letter to your future self.
- You can draw a picture or write words. Date it.
- Roll it up, place it in a bottle, and keep it somewhere safe.
- Decide when to open it, write the date on the bottle and keep it where it will be safe.



IDEAS TO INCLUDE

- I am proud of you for...
- Keep believing in yourself because ...
- You are great at ...
- Your voice matters because ...
- What I'd love you to do is....



Talking to your future self builds hope, self-belief and reminds you that YOU are always on your side!

HERE'S AN IDEA ...

Tell your future self something you'd like them to remember!

CONRAD
The Wombat

PIP
The Platypus

QUIN
The Quokka

ESSIE
The Echidna

KOOKS
The Kookaburra



Today's date: