

Self-Love Letters

This activity is a way to express to yourself how much you are loved!

How To

- Take out a sheet of stationery and your favorite pen or pencil.
- Here are some prompts you can use when writing the letter:

I love you because...
I appreciate you because...
I am proud of you because...

- If you want, you can decorate the letter with stickers.
- You can carry the letter with you and read it whenever you need an instant boost of love.

Materials

You will need letterhead stationery with envelopes, a pen or pencil, and stickers to decorate if you want.

Budget

Stationery (\$10.00 - \$15.00)

Pens or pencils (\$5.00)

Stickers (\$5.00 - \$10.00)

Timeline

You need to plan this event 1-2 weeks in advance. It requires going shopping. The actual activity should take 30-45 minutes.

bring
change
to mind

high school