

SELF-LOVE LETTERS



PURPOSE:

Why?

Nurture self-esteem and foster a positive self-image with our Self-Love Letters Activity! This empowering exercise encourages you to reflect on your strengths, celebrate your uniqueness, and cultivate a habit of self-compassion.

HOW TO:

Materials & Budget

- Stationery (\$15 or free if you can use school materials)
- Pens or pencils (\$5 or free if you can use school materials)
- Stickers (\$5 to \$10)

Most of these materials can be found in classrooms (make sure to ask your teachers if it is ok to take extras) but if you would like to spend some money, set aside about \$20 to \$30 depending on the amount of people who participate.

Instructions

- Take out a sheet of stationery and your favorite pen or pencil.
- Use some of the following prompts when writing your self love 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.

Timeline

You need to plan this event 1-2 weeks in advance. It requires going shopping. The actual activity should take 20-30 minutes

Impact

This activity is great for club meetings as it's relatively quick & easy to do individually.

Example(s)

Check out this awesome, customizable template from the Asian Mental Health Project!

Example from Newark Charter High School BC2M!



Post photos from this activity to your club Instagram and tag @bc2mhighschool

