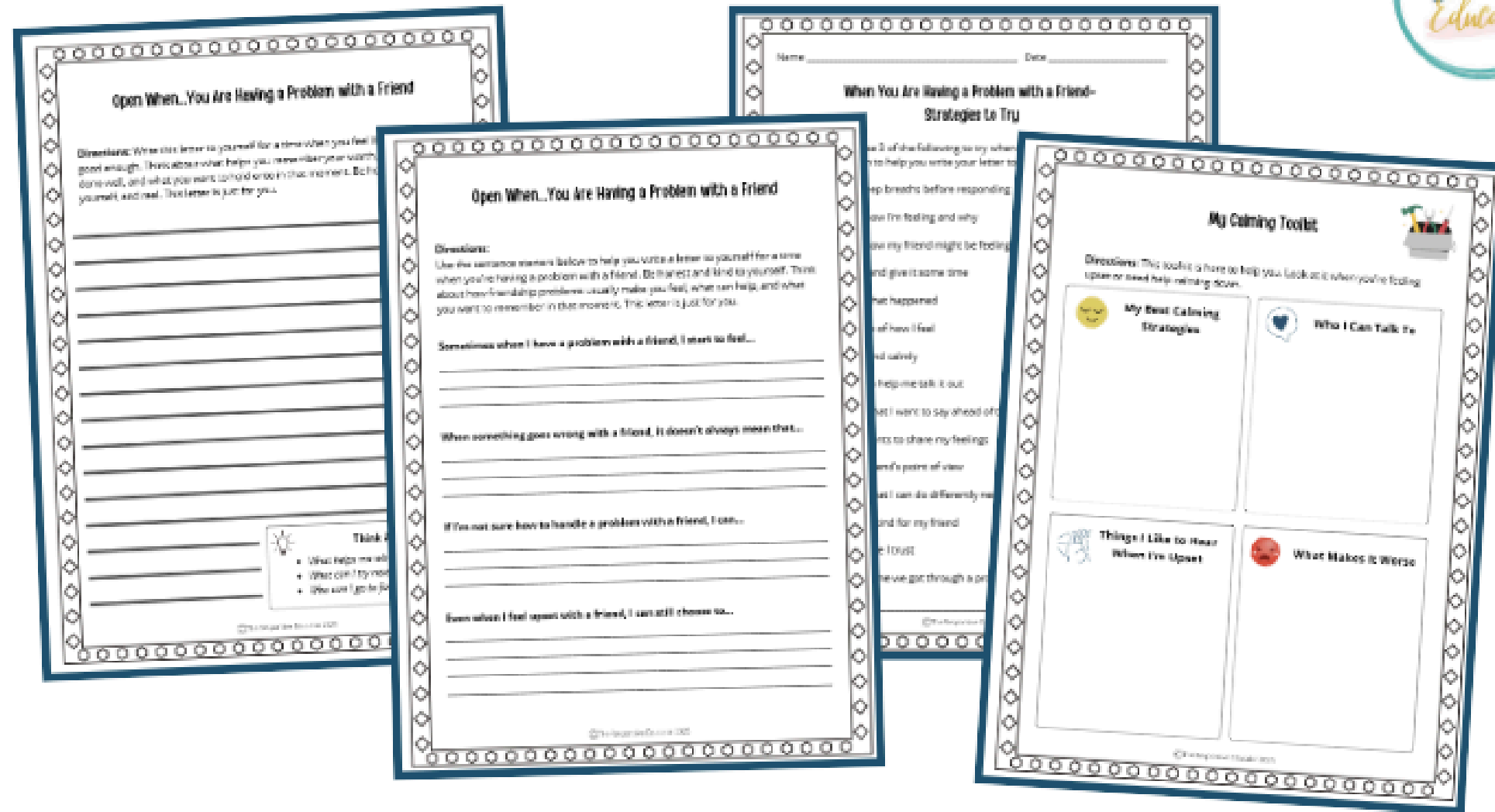


# Letter to My Future Self

## Open When...



Students write  
during calm  
moments—and  
revisit when they  
need support

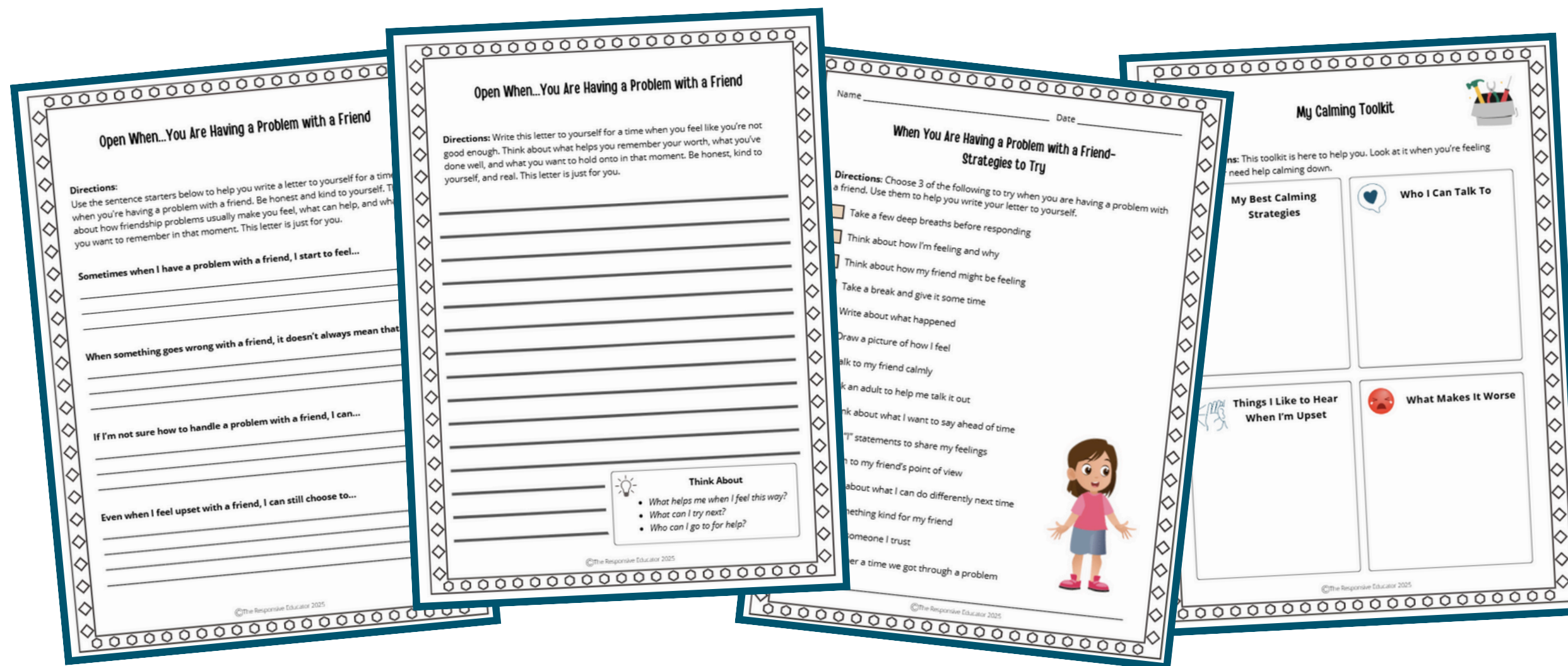
**SCROLL**  
to take a look inside!

**Set #2- Friendship & Social Struggles**

Self-Reflection Letters + Strategy Tools

# More Than Just a Letter...

- Traditional “letters to myself” are saved and forgotten.
- These are written with real moments in mind—and used when students need them most.



# Students Write with Real Situations in Mind

➤ “Open When...” letters focus on emotions & behaviors students actually experience.

 You Are Having a Problem with a Friend

 You Feel Like No One Understands

 Someone Was Unkind to You

 You Are Feeling Left Out

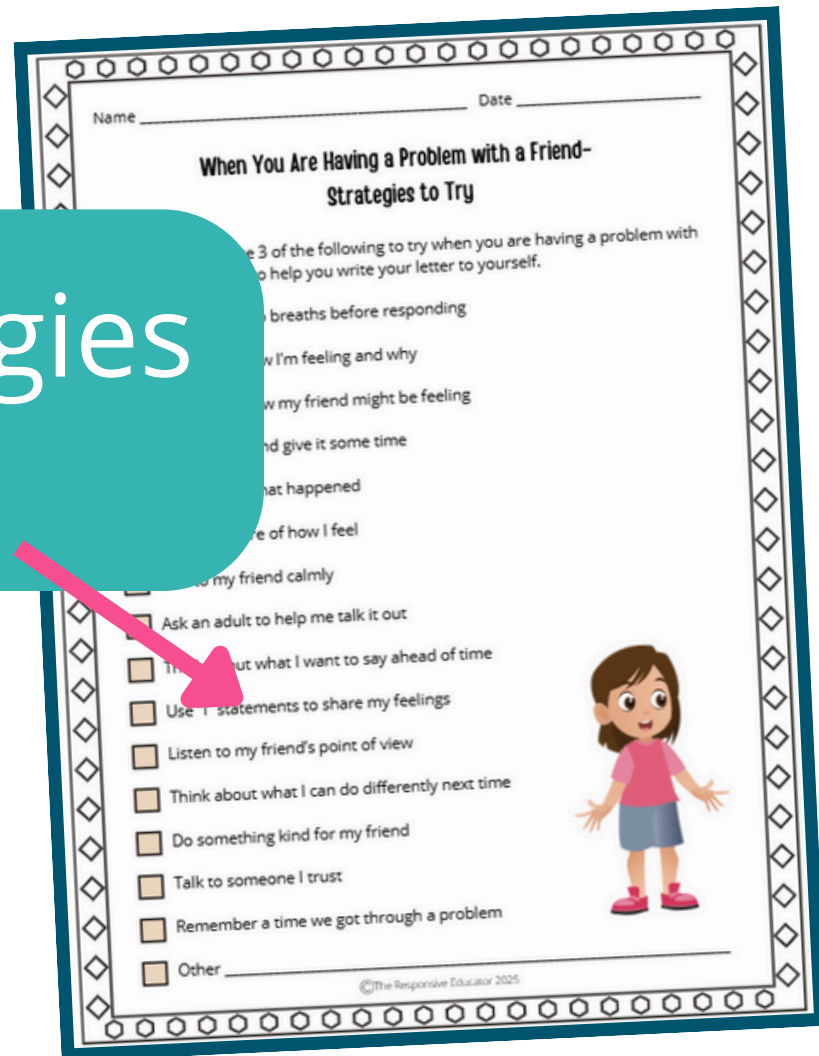
 You Want to Do the Right Thing, Even If It's Hard

 You Are Working on Being a Better Friend

# Built-In Strategy Tools

- Each set acts as a toolkit for self-regulation, reflection, & emotional coaching.

Targeted Strategies  
Checklist



Name \_\_\_\_\_ Date \_\_\_\_\_

**When You Are Having a Problem with a Friend-  
Strategies to Try**

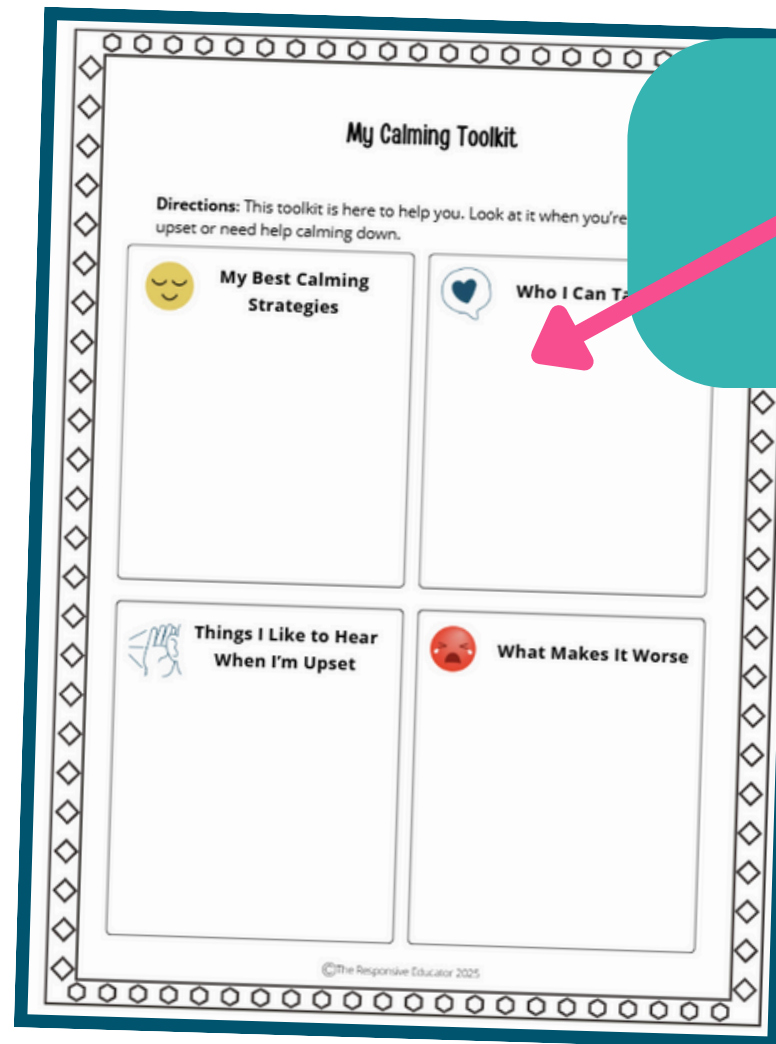
Choose 3 of the following to try when you are having a problem with a friend. Write the number of the strategy you choose in the box next to it.

- ☐ Take 3 deep breaths before responding
- ☐ Write down how I'm feeling and why
- ☐ Ask my friend how they might be feeling
- ☐ Give it some time
- ☐ Write down what happened
- ☐ Write down how I feel
- ☐ Talk to my friend calmly
- ☐ Ask an adult to help me talk it out
- ☐ Think about what I want to say ahead of time
- ☐ Use "I" statements to share my feelings
- ☐ Listen to my friend's point of view
- ☐ Think about what I can do differently next time
- ☐ Do something kind for my friend
- ☐ Talk to someone I trust
- ☐ Remember a time we got through a problem
- ☐ Other \_\_\_\_\_



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Customizable  
Calming Toolkit



**My Calming Toolkit**

**Directions:** This toolkit is here to help you. Look at it when you're upset or need help calming down.

|                                                                                                                                      |                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <br><b>My Best Calming Strategies</b>           | <br><b>Who I Can Talk To</b>   |
| <br><b>Things I Like to Hear When I'm Upset</b> | <br><b>What Makes It Worse</b> |

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# Sentence Starters + Writing Pages

- Each letter includes sentence starters and prompts to support self-talk, reflection, & emotional growth.
- Promotes meaningful writing without overwhelming struggling learners.

Scaffolded Prompts  
for Reflection

Space for Student  
Voice & Ownership

Open When...You Are Having a Problem with a Friend

Starters below to help you write a letter to yourself for a time when you feel like you're not good enough. Think about what helps you remember your worth, what you've done well, and what you want to hold onto in that moment. Be honest, kind to yourself, and real. This letter is just for you.

When I have a problem with a friend, I start to feel...

When something goes wrong with a friend, it doesn't always mean that...

If I'm unsure how to handle a problem with a friend, I can...

Even when I feel upset with a friend, I can still choose to...

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Open When...You Are Having a Problem with a Friend

Directions: Write this letter to yourself for a time when you feel like you're not good enough. Think about what helps you remember your worth, what you've done well, and what you want to hold onto in that moment. Be honest, kind to yourself, and real. This letter is just for you.

Think About

- What helps me when I feel this way?
- What can I try next?
- Who can I go to for help?

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# Use in Real Moments—Not Just a One-Time Activity

- Teachers can keep these in a folder or envelope for students to revisit throughout the year.
- The letters become part of a student's emotional toolkit—**building habits like reflection and positive self-talk.**
- Students revisit the letters when they're frustrated, overwhelmed, or need support.

Open When...  
you are feeling  
left out

Open When...  
someone was  
unkind to you

Open When...  
you are having a  
problem with a friend

*\*envelopes not included*

# What's Included

- ✓ 6 Targeted Sentence Starters
- ✓ 6 Targeted Strategies Checklists
- ✓ 6 “Open When...” Letter Templates
- ✓ Customizable Calming Toolkit

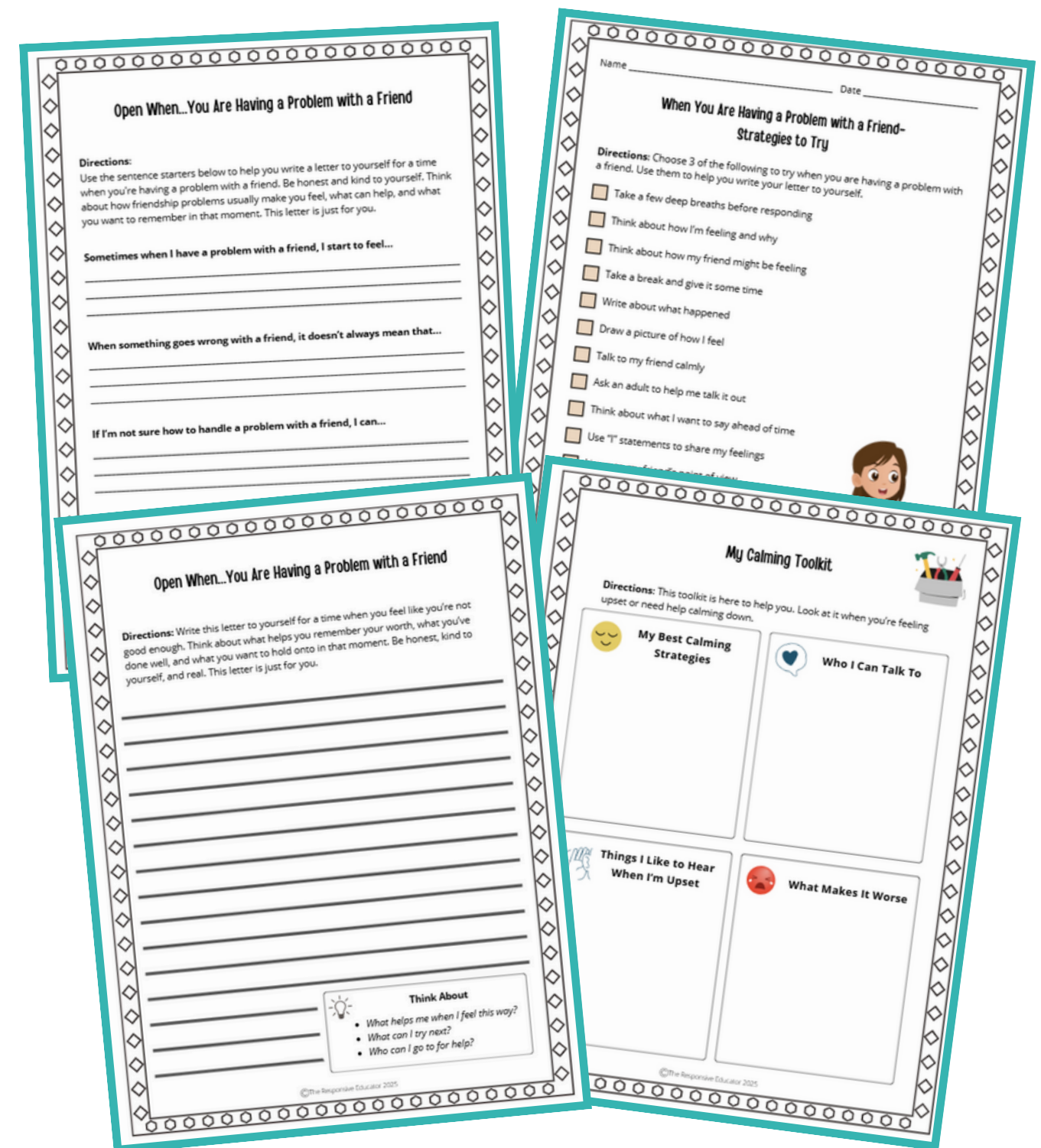


# Why It Works for Students

- ★ Students write to themselves, practicing positive self-talk and self-reflection
- ★ Encourages students to discover and commit to calming strategies that genuinely help them
- ★ Designed to be used in real time—during tough emotional moments
- ★ Builds student independence, insight, and ownership of behavior

# Why Teachers Love This Tool

- ★ Helps students practice positive self-talk & self-coaching
- ★ Reinforces emotional vocabulary & self-awareness
- ★ Encourages students to manage frustration before it escalates
- ★ Supports smoother classroom routines & builds independent problem-solvers



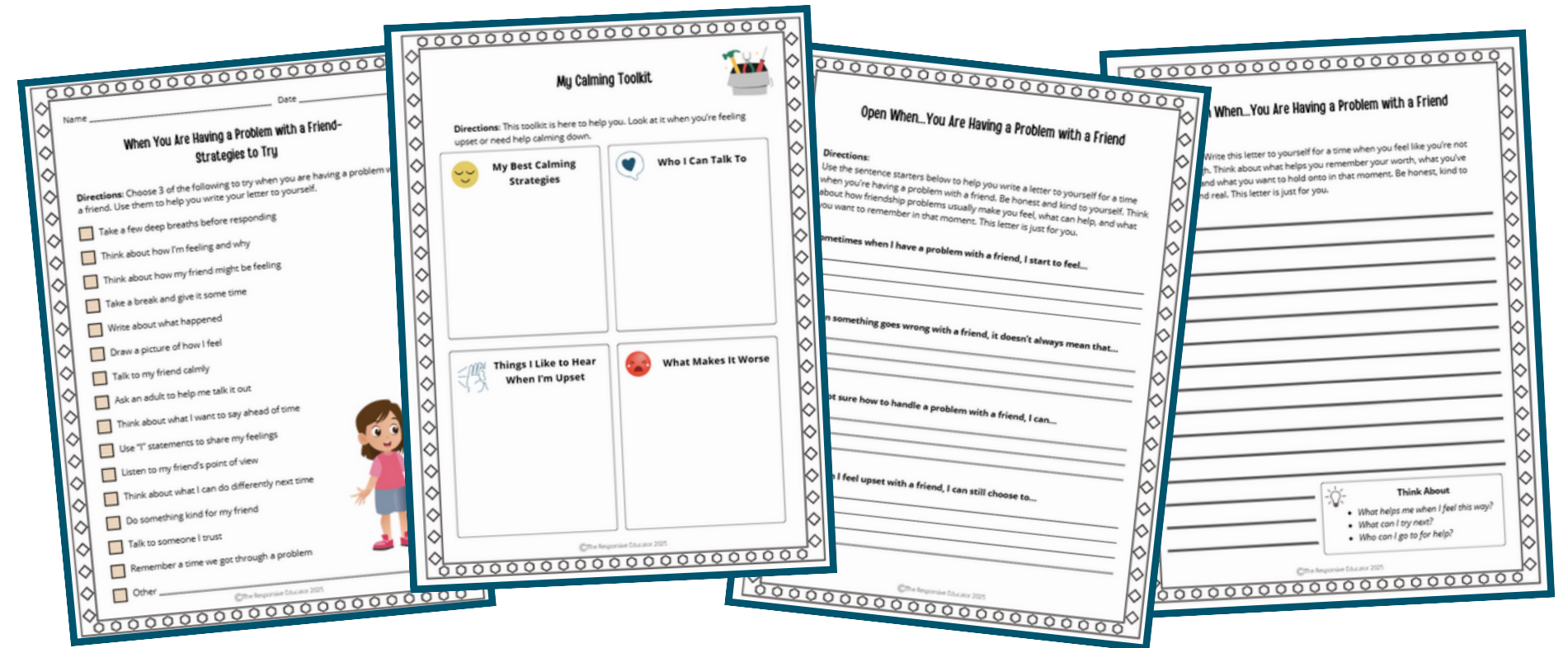
# Ways to Use this Resource

★ Introduce one letter per week & build a toolkit over time

★ Use during morning meeting or advisory

★ Add to calm-down kits or SEL stations

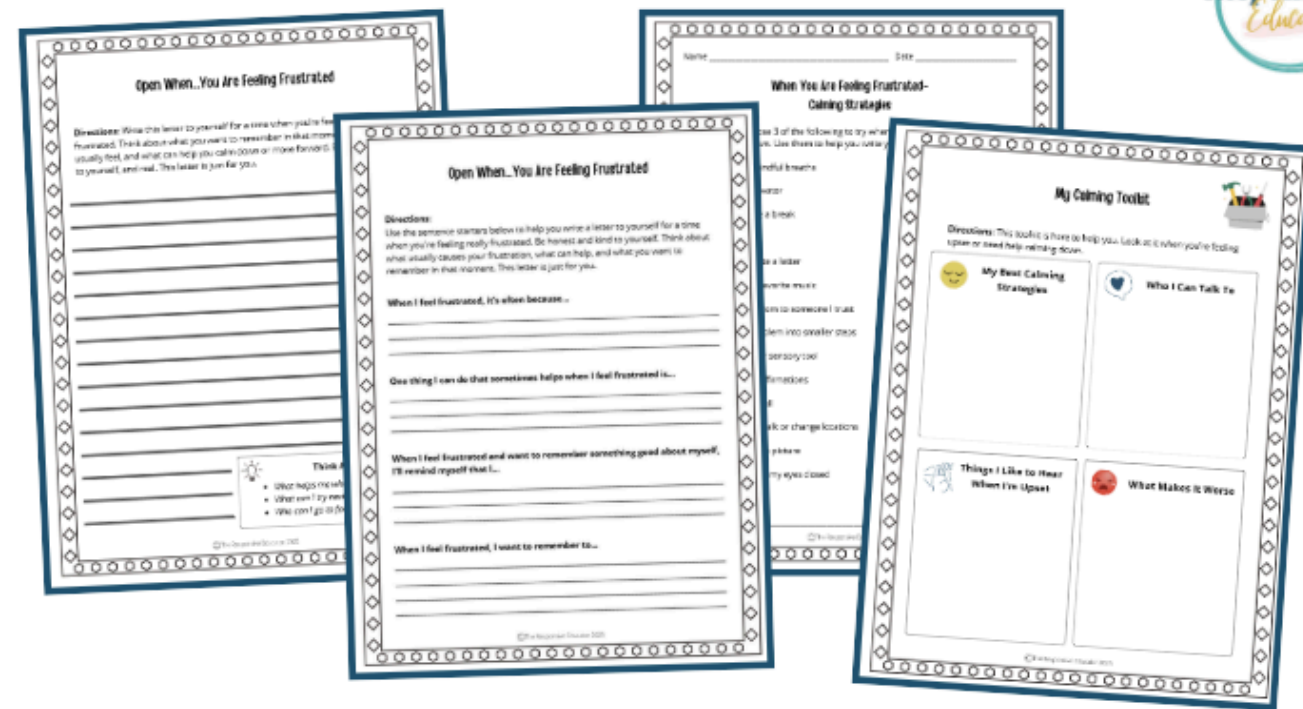
★ Great for school counselors & behavior teams



# Looking for More Like This?



## Letter to My Future Self Open When...



**Set #1- Emotions & Behaviors**

Self-Reflection Letters + Strategy Tools

Buy Both and Help  
Students Improve  
Problem-Solving &  
Positive Self-Talk