

An Activity
For
Any Age
Time—
Don't
Rush!

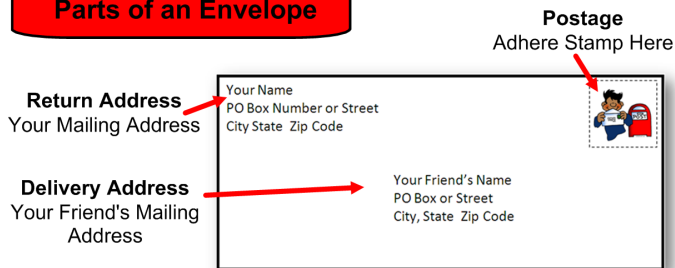
The Hidden Value of A Hand Written Letter

At a time where people are continuously looking for new ways to connect with one another, it is important that we remember our roots. The value of a handwritten letter immediately gives the message of time and care. Time to craft the letter, buy the stamp, address the envelope, and travel to the post box. It also often leaves a deeper and longer lasting impact than a text message or email.

Today, for many of us, the main form of connecting with one another has shifted to sending an email, using FaceTime, sending a text, or making a phone call. Taking the time to sit down and write an intentional letter or card to someone has decreased in recent years. Letters are tangible. The crisp sound of pulling the letter from it's envelope, the slight indentations where the writer pressed into the paper, the site of someone's handwriting, all contribute to an experience, and not just a message.

Writing a letter to someone is more than just putting words down on paper. It allows you to take time to be present and write something meaningful. Start with thinking of someone who you want to write to, whether it be someone you've connected with recently or someone you haven't. Get creative! Choose a fun style of paper and a pen you love. Feel free to include a small photograph, a drawing or something meaningful to share. Next, take sometime to write your letter in a quiet space. The act of creating a letter, of sitting at a desk and taking the time to put pen to paper, is an exercise in mindfulness. By taking the time to write by hand, you will live entirely in the present moment, not distracted by technology, thoughts of the past, or fears of the future. Writing a letter requires disconnecting from the world of technological stimuli for a few moments. You will live only in those thoughts you craft for your recipient. Once you're done writing, fold it up and put it in an envelope, write the address and walk it to your local mail box. If you don't know how to address the letter, ask a parent or friend, it's never too late to learn a new skill.

Parts of an Envelope



(photo from <https://www.pinterest.com>)

Don't Forget About Yourself

Writing a letter to yourself can be a unique way to explore your own thoughts and feelings. Once you've written the letter, write a future date on the envelope so you know when to open it. Give it a friend or stash it somewhere safe until you're ready to read it months or years later.

Discussion Points – Discuss these thoughts with your family

- Is sending or receiving a letter different then receiving a text or email? Why?
- How do you feel when you receive mail?
- Do you feel that writing a letter to someone is meaningful? Why?

Materials needed:

- Writing Utensil
- Paper
- Envelope
- Stamp
- Address of the person you are sending the letter to

"To send a letter is a good way to go somewhere without moving anything but your heart." ~Phyllis Theroux