



Name: _____

Class: _____ Date: _____

Letter to My Younger Self

An activity of "Where are they now?"

What's Up is celebrating its 20th birthday! In our May issue, we caught up with people who knew *What's Up* when they were kids. You'll find the "Where are they now?" stories fun to read (see pages 3, 24, 27, *What's Up* May 2023 issue). If Radhiah, Salif, James, and Omar were to write a letter to their younger selves, what do you think they would say?

How about you? What advice would you have for the seven-year-old child you once were? Are there any challenges you have overcome since then?

1. Write an encouraging letter to your seven-year-old self, using hindsight. Hindsight is a new understanding of an event that happened in the past.

<p>Introduce yourself. Write three to four sentences about what is going on in your life right now.</p>	<p>Dear _____,</p> <hr/> <hr/> <hr/> <hr/>
<p>Recall one challenge you overcame when you were in Primary 1 or 2.</p> <p>Remind your younger self how you overcame it. Share a lesson you took away from that experience.</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

<p>Give two tips for enjoying primary school.</p>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>Wrap up your letter.</p>	<hr/> <hr/>

You may refer to this example for helping phrases:

Dear Bob,

*Hello from the future, seven-year-old self! I'm you in four years' time. This year I am in Mrs Leo's form class, 5D. Aiman, Jamie, and Hong Xuan are still in our class too. Term 2 is ending soon and I'm looking forward to the June holidays. In fact, we didn't even have mid-year exams this year! **(Introduce self, share what is going on right now.)***

*I still remember how nervous I was about travelling to school by myself. Do you still have this worry? Well, I can promise you this will fade away. You will get familiar with travelling on your own. You will never get off at the wrong stop or take the wrong train. In fact, Jolene and Haikal live close to you! They will be your travel buddies. **(Recall one challenge you overcame in Primary 1 or 2. Remind your younger self how you overcame it and share a lesson you took away from that experience.)***

*If you ever struggle with homework, remember that you can ask your friends for help. The school library is a great place to do homework with friends after school! Also, never be afraid to ask questions in class. **(Give two tips for enjoying school)***

*All the best! I'm with you all the way! **(Wrap up your letter)***

2. Reflect on this experience of looking back and applying hindsight. Hindsight gives us fresh thoughts and feelings that can help us to grow and mature as wise human beings.