



In this independent activity, students will write a letter to someone in society who is in need of feeling some love (homeless veterans, active military living abroad, at-risk women).



Distribute lined paper, pens and drawing materials (colored pencils, markers, crayons) for each student to write one letter. See attached handout for links to organizations who forward letters to: active military, military veterans, homeless, support for women, women who have been diagnosed or survived breast cancer and support for the elderly.

Total Prep Time: 15 mins.



As this is the second Monday of the month, please consider sharing or re-sharing highlights from the Monthly Kick-Off, and if appropriate, monthly video.

**Special Note:** Consider starting class with the “Picture Book Discussion” activity from the “Extension” section of this lesson.

4 C's		SOCIAL & EMOTIONAL LEARNING		SERVICE LEARNING	
•	Critical thinking	•	Self-awareness	•	Integrated learning
•	Communication	•	Self-management	•	High quality service
•	Collaboration	•	Social-awareness	•	Collaboration
•	Creativity	•	Relationship skills	•	Student voice
		•	Responsible decision-making	•	Civic responsibility
				•	Reflection
					Evaluation

## GOALS FOR THE WEEK

- Discover ways to MAKE TIME for underappreciated people that helps them know YOU MATTER.
- Engage with communities in need by sending them heartfelt letters that convey WE MATTER.
- Understand how MAKING TIME to foster love through meditation shows that I MATTER.



## STUDENT ACTIVITY: LOVE LETTERS

### 1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: **LOVE LETTERS**

### 2) CONSIDER ASKING 1-3 QUESTIONS FROM THE LIST BELOW TO WARM STUDENTS UP ON THE ACTIVITY'S FOCUS:

**\*NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **What are some groups of people who don't regularly receive LOVE but could use some more LOVE from our community?**
  - Ex: Military; navy; army; veterans; firefighters; homeless families; refugees; victims of natural disasters or terrorist attacks; women recovering from domestic violence or sex trafficking; terminally ill patients; senior citizens; individuals struggling with mental illness; etc.
- **What might you have in common with these groups of people and with all people?**
- **What are appropriate ways to express LOVE and appreciation to people we do not know?**
- **What can you say or write to show someone you have never met that there are people in the community who care for them, appreciate them, and believe in them?**
- **How can MAKING TIME to write LETTERS of LOVE, appreciation and support to groups in need help you and them GET LOVING?**
- **How can MAKING TIME to write these kinds of LOVE LETTERS connect you to how much YOU MATTER?**

### 3) SET UP THE "LOVE LETTERS" ACTIVITY:

- **Explain:**
  - Have you every walked down a busy sidewalk or been in traffic and never really notice people around you?
  - Sometimes, we pass one another like busy ants not saying hello or acknowledging one another.
  - Our world is filled with 7.8 billion people.
  - Some of us are doing great.
  - Some of us are not doing so great.
- **Ask:**
  - What would it be like if 7.8 billion people started to say hello to one another, acknowledge each other, and genuinely share that we care about one another, even though, I may not know you?

### 4) START THE "LOVE LETTERS" ACTIVITY:

- **Explain:**
  - Today, we will each write a letter to someone in our community, either near or far, who may be in need of some LOVE.
  - Even though, we may not know the person to whom we are writing, our intent is to let them know that YOU MATTER in our community and world.
  - Specifically, we will write to (state chosen population: homeless, veterans, etc. and see Letters of Love handout):
    - \*\*\*You may want to consider deciding as a class which group or groups to write letters. Some of the organizations listed on the handout provide guidance on how to write and address letters.
- **Some examples of LOVE LETTERS include: "Stay safe, stay warm and know you're loved...We will all keep you in our prayers. You are not alone. We are all behind you...We are thinking of you and wishing you're the safety and love."**
- **Distribute lined paper, pens and drawing materials (colored pencils, markers, crayons) for each student to write one letter.**
- **Provide students time to write their LOVE LETTERS.**
- **When finished, get ready for the activity's reflection.**

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**5) AFTER THE ACTIVITY, CONSIDER ASKING 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS REFLECT ON WHAT THEY'VE ACCOMPLISHED AND HOW THEY CAN TAKE THIS FORWARD:**

**\*NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- Ask students, if anyone would like to share their letter with the group.
- **What was it like writing to someone you don't know, even though you have good intent?**
- **What other groups of people would you like to write a LOVE LETTER to send them support, appreciation or well wishes?**
- **What are some ways you could work on your own or with friends and family to MAKE TIME to help others?**
- **How could MAKING TIME help you GET LOVING toward others?**
- **How could MAKING TIME help others connect to YOU MATTER?**
- **How could MAKING TIME help you connect to how much YOU MATTER?**

**6) THANK STUDENTS FOR SHARING THEIR "LOVE LETTERS" IDEAS AND REFLECTIONS WITH THE CLASS. Remind students that in the spirit of love, it's time for all of us to MAKE TIME. It isn't necessarily easy to embrace, but time is not infinite when it comes to our journey on this planet. We each get 1,440 minutes a day and hopefully get too enjoy as many days as possible.**

**7) CHECK IN WITH STUDENTS ON IF THEY HAVE WRITTEN MORE "LOVE LETTERS" OUTSIDE OF CLASS. Challenge students to take this opportunity to be mindful of each and every moment and make sure they are making enough time for the things that matter most to them.**

**8) CONSIDER CONTINUING TO EXPLORE "MAKE TIME" BY LEADING AN EXTENSION ACTIVITIES.**



## EXTENSION IDEAS:

**DO ONE OR MORE OF THESE EXTENSION IDEAS TO BRING THE LESSON FROM 15 MINUTES TO 30 MINUTES OR MORE.**

- 1) **Picture Book Discussion:** Read or watch the read along video of the book, [We're All Wonders](https://bit.ly/2YW62G7) by R.J. Palacio: <https://bit.ly/2YW62G7> and discuss what the book teaches them about truly loving themselves and people that are unlike them.
- 2) **Love Letter Challenge:** See who can write the most letters to send to not just one but all of the organizations listed in the “prep icon” section of this lesson.
- 3) **Pen Pals:** Write a letter or postcard to a friend or family member that you have lost touch with or that you don't speak to on the phone often. If they write you back, send another letter to start a dialogue!
- 4) **ELA Connection:** Students write a persuasive essay to state which charitable cause is the most important cause in the world (climate change, world hunger, homelessness, mental health, cancer research, education, etc.) and cite examples from history, current events or their own experience to support their opinion.
- 5) **Social Studies Connection:** Students research and write about one charitable organization and how they foster love through their charitable programs and services.
- 6) **Math Connection:** Students decide how much they want to donate to charity and make a business plan to raise funds, including how they will raise money and how long it will take them to raise the money. For example: They can host a bake sale to sell 50 baked goods for \$2 each to raise \$100; They can organize a school dress down day and get 500 students and faculty to pay \$3 each to dress down to raise \$1,500.

**“ YOU CANNOT GET THROUGH A SINGLE DAY WITHOUT HAVING AN IMPACT ON THE WORLD AROUND YOU. WHAT YOU DO MAKES A DIFFERENCE AND YOU HAVE TO DECIDE WHAT KIND OF DIFFERENCE YOU WANT TO MAKE. ”**

- JANE GOODALL,  
ENGLISH PRIMATOLOGIST AND ANTHROPOLOGIST FAMOUS  
FOR HER WORK WITH CHIMPANZEES



## LOVE LETTERS

- ♥ Letter to Active Military: A Million Thanks: <https://bit.ly/38Pbj6L>
- ♥ Letter to Military Veterans: Operation Gratitude: <https://bit.ly/2PPf7Mw>
- ♥ Letter to Homeless (ask permission to write to a local homeless shelter: <https://bit.ly/34sQBGp>
- ♥ Letter to at-risk women (ask permission to write to local women's shelter <https://bit.ly/2S4kDh6> )
- ♥ Letters to women diagnosed with breast cancer:  
Girls Loves Mail <https://www.girlslovemail.com/>
- ♥ Letters to senior citizens: Love for the Elderly: <https://bit.ly/2PWLEk4>