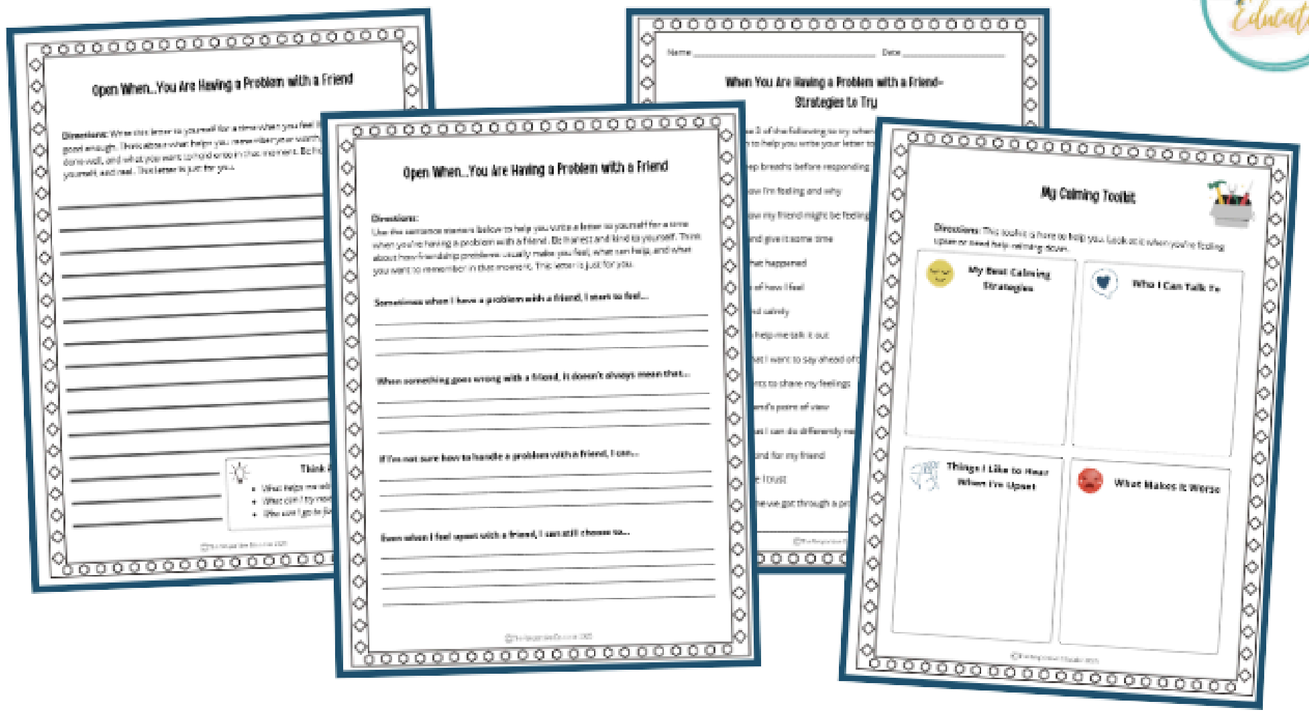
Letter to My Future Self

Open When...



Set #2- Friendship & Social Struggles

Self-Reflection Letters + Strategy Tools

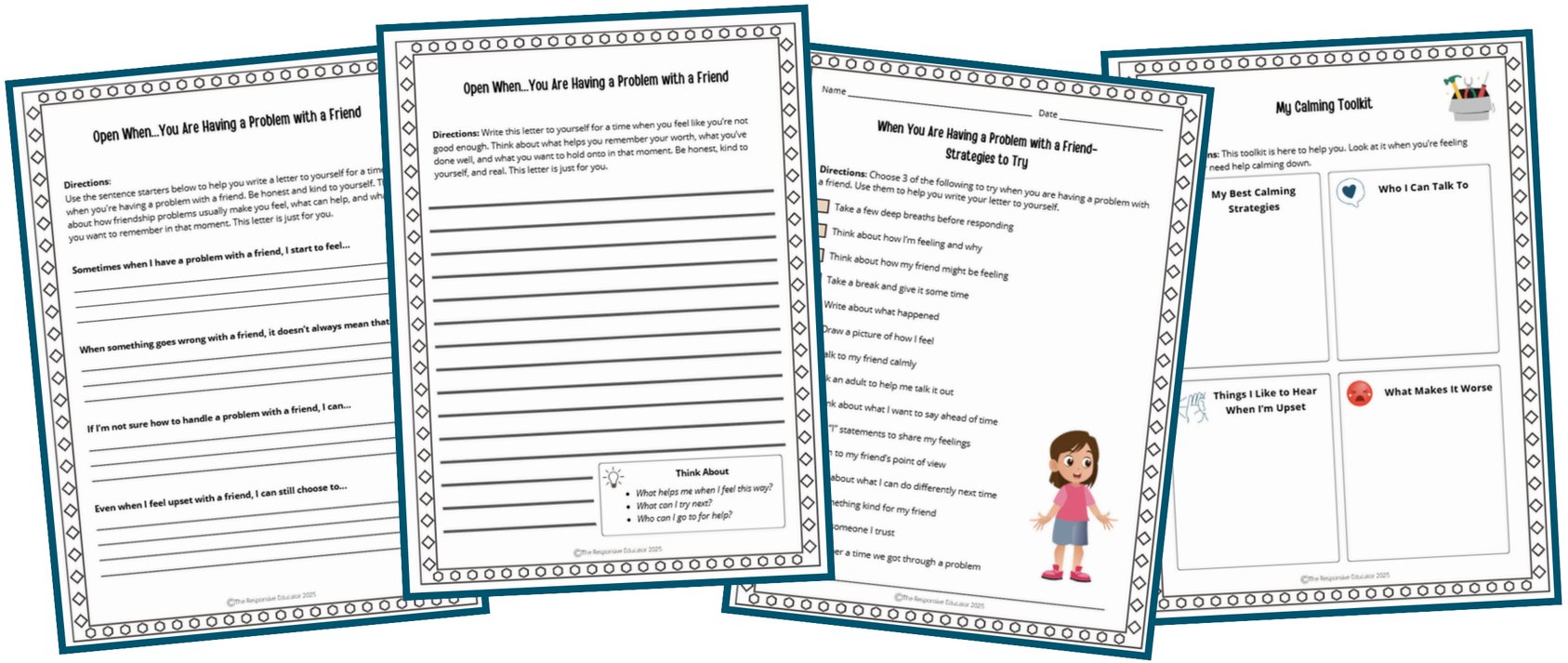
Students write during calm moments—and revisit when they need support

SCROLL
to take a look inside!

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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.



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🧠 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

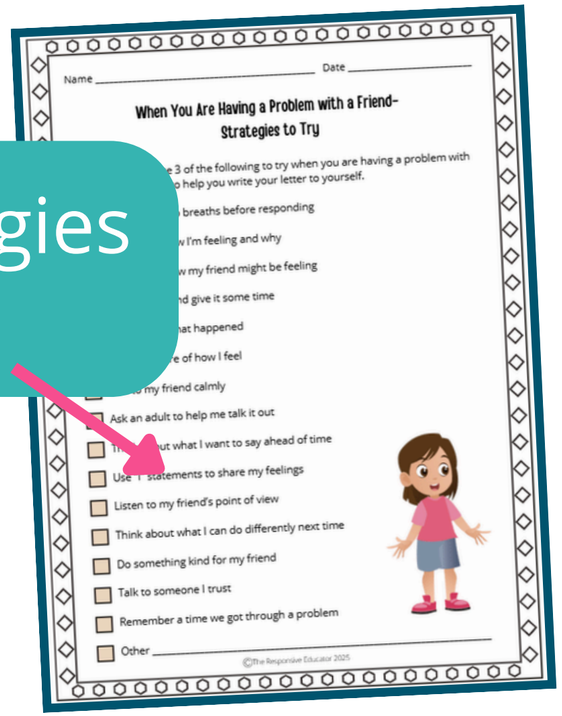
💗 You Are Working on Being a Better Friend

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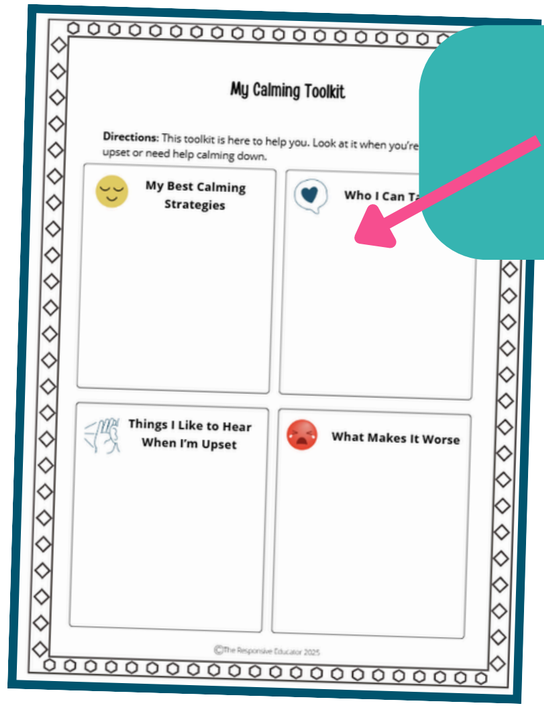
Built-In Strategy Tools

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

Targeted Strategies Checklist



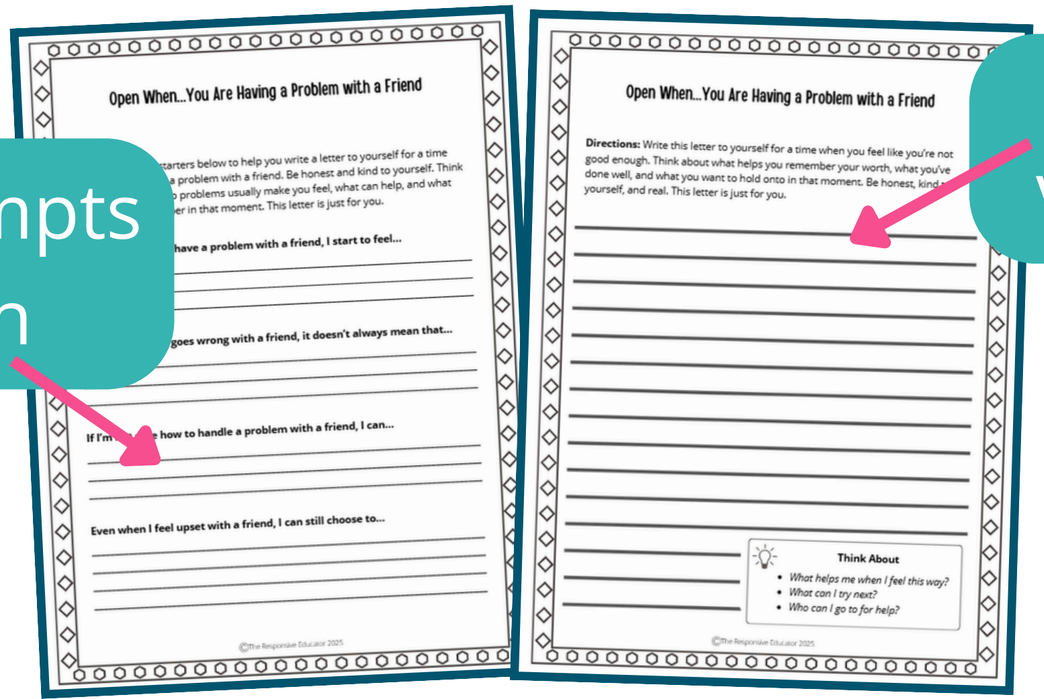
Customizable Calming Toolkit



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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.



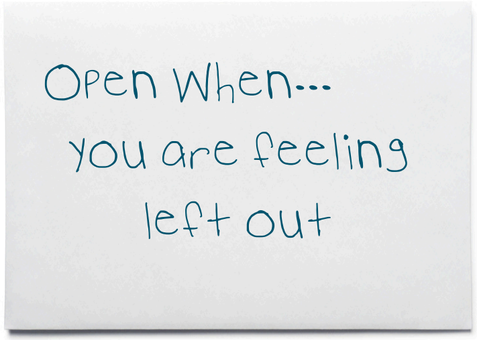
Scaffolded Prompts for Reflection

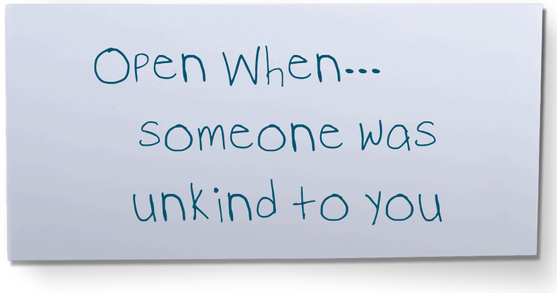
Space for Student Voice & Ownership

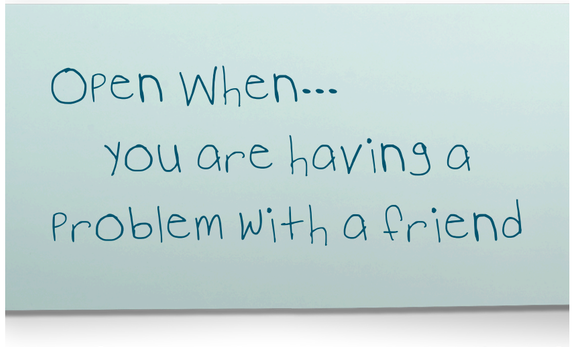
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Use in Real Moments—Not Just a One-Time Activity

- 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.





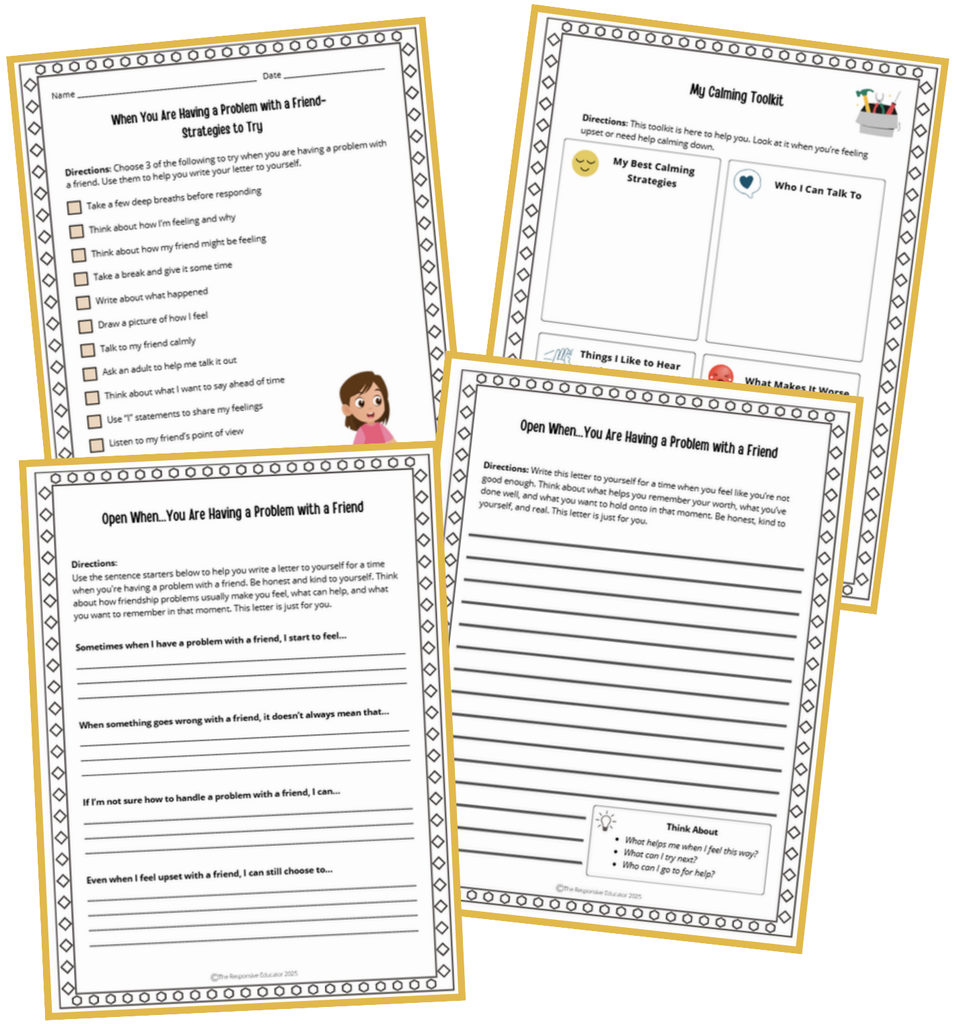


**envelopes not included*

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What's Included

- 6 Targeted Sentence Starters
- 6 Targeted Strategies Checklists
- 6 "Open When..." Letter Templates
- Customizable Calming Toolkit



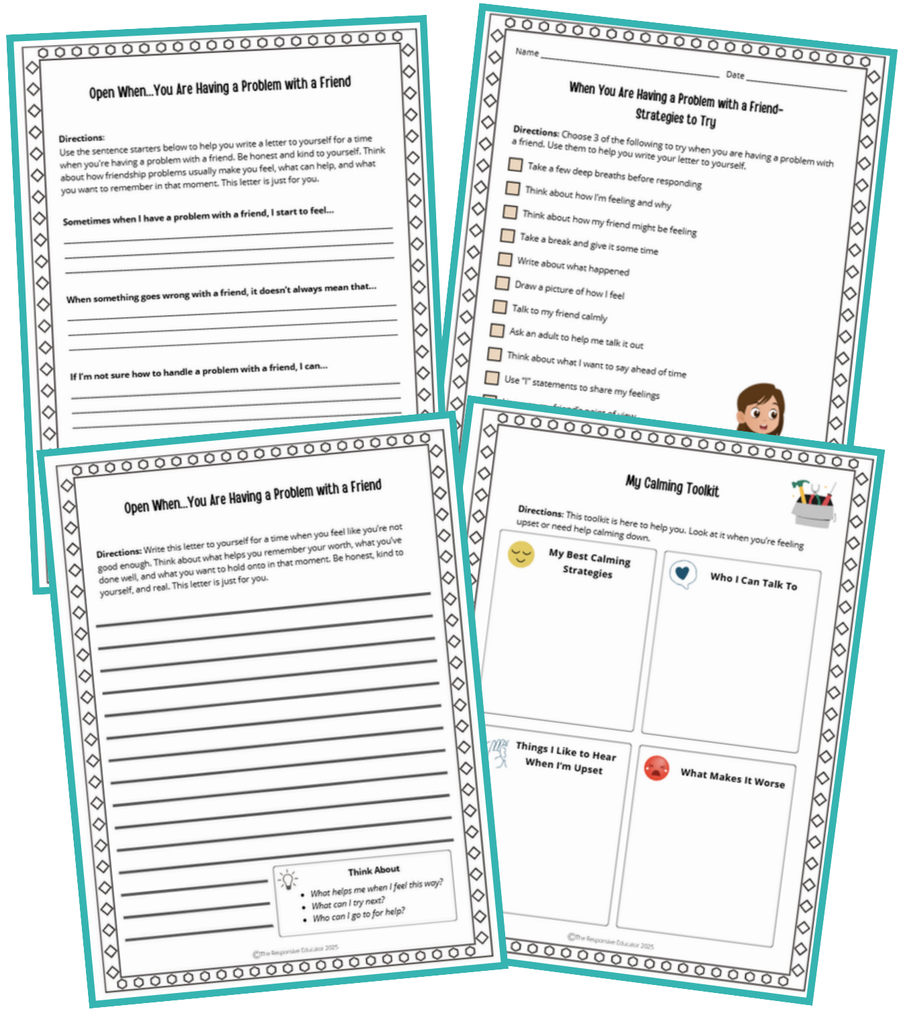
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Why It Works for Students

- 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



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Ways to Use this Resource

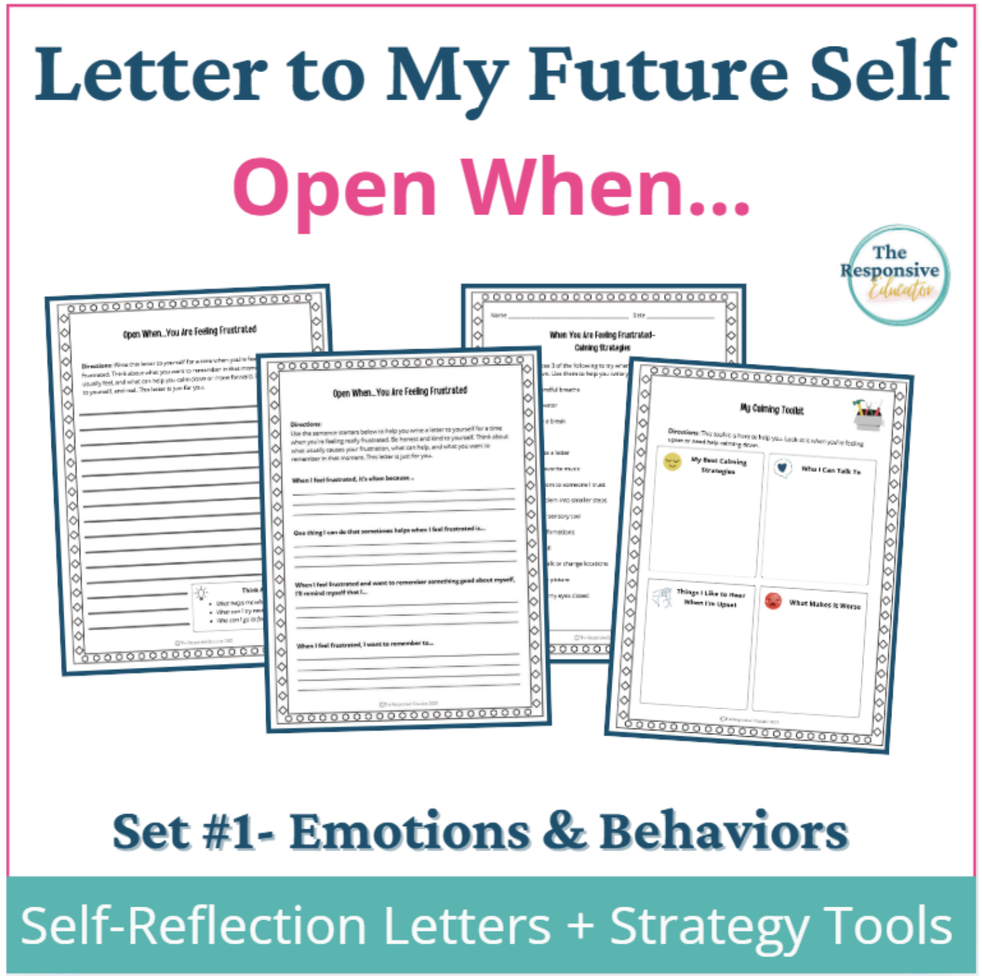
- Introduce one letter per week & build a toolkit over time
- Use during morning meeting or advisory
- Add to calm-down kits or SEL stations
- Great for school counselors & behavior teams



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Looking for More Like This?

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