

## Letters to Little Ones

The world is hurting: a pandemic, inequalities, racism, injustice, climate change. In the middle of it all us, trying to be a good inspiration for the children around us.

Our screen free activity this week is an invitation for the adults in the house, to take a deep breath and write a letter to the children in their lives. A letter in which you will try to explain to the little ones around you what is going on in the world right now, what brought us to this place, and what can we, you, them do, to build a better future.

This activity could serve as a way for you to figure out how you want to talk to your child, or as a reflective practice just for you to process and hold on to.



### How To:

1. Grab a piece of paper and something to write with.
2. Find a quiet, comfortable spot to write.
3. Decide who will be the recipient/s of your letter.
4. Start writing. If you need some inspiration, maybe you can try to respond to some of the following prompts:
  - How could you explain what is going on in the world?
  - Is the current situation connected to prior events? Why do you think all this happened?
  - What two or three practical, easy steps will you take to make the future brighter or to care for that child in this time?
  - How could your recipient/s participate in those steps?
  - What do you wish for the future?
5. Read or mail the letter to the child. Or save it for yourself.



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### Connect:

#### 0-5 years:

Ask your recipient/s to draw something inspired by your letter. You could also give them the letter and ask them to draw or scribble on it, so it becomes a collaborative piece that holds your ideas and their artistic expression.

#### 3-5 years:

Ask your recipients to think of one thing they could do to make the world a better place.

Invite them to draw the idea.



If you feel inclined to do so,  
share your letter with us!



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