**Can I write a letter to my younger self about life now?**

Dear me,

I hope you are well and enjoying (talk about some of the things you enjoyed when you were younger.)

Life here has taken an unexpected turn (explain coronavirus, what lockdown was like and what school is like now. Include daily routines, what is different and how you are coping.)

If I could go back to where you are I would want to (which bits of your life do you miss?)

So, please appreciate these things while you can. (which things do you wish you had spent more time doing?)

Yours sincerely,

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