

Exercise 7: Writing a Letter to a Future Loved One

An Invitation

Important caution: We are suggesting you do the following exercise with your chosen (or assigned) partner(s). However, due to the corona virus pandemic, we ask you to *do this exercise virtually*, i.e., to talk by phone, Skype, or any other social media app you feel comfortable with. If you cannot use any of the virtual options and are meeting in person, please adhere to all local guidelines on social distancing during the COVID crisis: maintain at least a 1.5 m distance to your partner(s) and other people. Behavioural guidelines during the pandemic are updated frequently and you can see the latest at the [WHO website](#) and, particularly, the [Seychelles Department of Health](#) guidelines.

Purpose of Exercise

The purpose of this exercise is for you to:

- *Connect with your own emotional experience of climate change, and*
- *Communicate your thoughts and feeling to a future being you love very much.*

Needed Supplies

- Pen and paper (to mail or seal as a letter for future delivery) or Notebook/journal

Time Requirement

15-20 minutes (this will vary personally; you may take only 5 minutes for this or an hour)

Instructions

1. Write a letter to someone you love who will live in a climate-altered future. You may write this in your journal or on a piece of paper. Tell this loved how you thought and felt about this time now, what you saw and did, what worried you, excited you, what you wish and hope for this loved one.
2. Then connect with your training partner (virtually).
3. Each person is invited to read his/her letter out loud to the other. This is not for discussion or commentary, simple an act of generosity.
4. The one listening: listen carefully and simply say “thank you” at the end.
5. Then switch and repeat (no commentary, just gratitude).
6. You may decide to keep this letter to give it to the intended recipient at a later time or to already mail it to them if they have already been born. It’s up to you.