

THE LETTER

AIM:

The Letter technique provides sensitive closure of the topic to provide care to the groups that worked with difficult and personal issues. The Letter is a reflection on the past experience; the participant gets a chance to think about a particular situation more deeply and express what they would not be able to say aloud or directly to the person in question.

TYPE OF ACTIVITY:

closing activity

TARGET GROUP:

group size: any size

age: 15–25 years

gender: any gender

DURATION:

A longer time frame is necessary for writing the Letter itself. The activity's conclusion takes approximately 30 minutes, however, it depends on the group size and dynamics.

ACCESSIBILITY:

- ▶ writing a letter

MATERIALS:

- ▶ papers
- ▶ writing implements
- ▶ envelopes for letters
- ▶ a calm work environment

PROCESS:

To ensure the pleasant course of the activity, it is necessary to create and maintain a safe space and a calm work environment. If the room allows, it is suitable to offer participants a chance to find a place alone without disturbances and where they would feel safe. Before the start of letter-writing itself, it is important to inform the participants that they may seal their written letter into an envelope and take it with them. It is not necessary to give it to the addressee, however, if they wish to, they can. Next, the participants receive a paper, writing implements, and an envelope. Their task is to think about a discussed topic and write a letter to a person they wish to tell about it at the moment. Anyone can be the addressee of the Letter: the author themselves, their partner, family, friends, their future self, etc.

REFLECTIVE QUESTIONS:

- ▶ How did you feel during the writing of your Letter?
- ▶ Was it difficult for you to decide who you want to write to and what the Letter should be about?
- ▶ What do you feel now when you have sealed the envelope?