

Activity: Write a letter to an Alien!

Outline:

Consider the purpose of the letter and whether you want the letter to be formal or informal. Using the letter structure write an email to an alien.

Explain what mental health is and why sometimes we don't always have good mental health. Inform the alien about the benefits of talking and why it's important to speak-up if we don't feel ourselves.

Paragraph 1: Outline the reason that you are writing

Paragraph 2: Add more detail to your letter! Use chattier, friendlier language if you have chosen an informal letter. If you have chosen a formal letter avoid slang.

Paragraph 3: Summarise the main reasons you are writing the letter.

Paragraph 4: Sign-off your letter using one of the options below:

Formal: I look forward to hearing from you, Yours sincerely, Warm regards, Yours faithfully, Best.

Informal: Best wishes, Bye for now, All the best, Love from.



Worksheet

Write address here:

Write date here:

Dear _____

Paragraph 1...

Paragraph 2...

Paragraph 3...

Sign off:
