

## **Create A Hope And Dreams Envelope**

**Thoughts, Dreams and Intentions can be a powerful force in shaping our lives!**

**Consider doing this activity at the beginning of the school year and adding to it as the year goes on.**

### **Steps**

- Using manila envelopes, stickers, glitter, markers, crayons, etc have students create a Hope and Dreams envelope.
- Have students save resumes, lists, interviews, and any other things that the students have created to demonstrate what they have learned about themselves and others, i.e. talents, jobs they like, who they want to be like when they grow up, photos or anything else they want in order to remember their KAPOW experience.
- Have students put their name, KAPOW, DO NOT OPEN, and the date on their eighteenth birthday.
- Have the students seal their envelope and take it home to give to their parents to keep safe for them.
- Tell them to open it on their 18<sup>th</sup> birthday.

For more information and how-to's, E-mail the creator of this activity, Sally Della Casa, at [ssdellacasa@gmail.com](mailto:ssdellacasa@gmail.com)

Watch Sally's YouTube Video –  
<http://www.youtube.com/watch?v=wQUBpbOhr4n>