



## Live Your Why – Afterschool Edition

Missing out on friends and family members who live far away? Become pen pals!

**Write a letter and/or draw a picture for someone and ask if they want to exchange handwritten letters back-and-forth.**



What questions can you ask that person that will make them want to write back?



Looking for other ideas to help plan your afternoon? Visit us at [www.healthylamoillevalley.org/liveyourwhy](http://www.healthylamoillevalley.org/liveyourwhy)