



TANTRUM

Tantrum Youth Arts
Creative Resource:
**Letter from Your
Adolescent Parent**

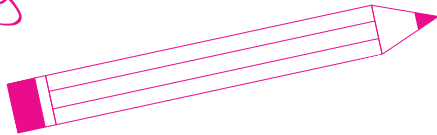
Suggested age range: **12-18**
Involvement from parents: **Some**

Introduction:

Even with technology, there's still nothing quite like receiving a handwritten letter. It also may come as a surprise to you that your parents lived full lives before you were born.

You may not be able to physically meet your parent when they were younger, but what if you could write to each other?

Dear Jessica,
2020 is pretty
strange right now.



Hi PAUL.
WHAT'S LIFE LIKE
IN 1974?

Instructions:

For young people:

Write a letter to one of your parents / guardians when they were the same age as you using Tantrum's interdimensional postal service (read: your imagination!).

- 1. Grab a blank piece of paper and a pen. It's time to introduce yourself!**
Remember, while the present-day version of your parent knows you really well, their adolescent self has never met you before. Tell them a little bit about yourself. How would your best friend describe you? Where's your favourite place to go in your hometown and why? Who's someone famous who inspires you or frustrates you?
- 2. You might like to include a drawing if it's something you enjoy.** This could be the animal most like you, a holiday you remember, or yourself as a robot – what tech functions would you have?
- 3. End your letter with a couple of questions for your adolescent parent.** What do you want to find out about them? What were they and their lives like when they were your age? Your letter will be travelling back in time – what are the similarities and differences between your worlds? I'm guessing they weren't in the middle of a global pandemic! And remember, the best kind of questions are the ones that can't just be answered with a "yes" or a "no".
- 4. Send your letter!** For the interdimensional post to work, slide your letter under a door into a room your parent is in. Make sure nobody sees you!
- 5. Wait for a response.** Interdimensional mail takes time. It will definitely be a while so kick back, relax and look forward to whenever your adolescent parent writes you back.



I've included a drawing
of myself as a raccoon...

For parents:

It's easy for your child to forget that you were a teenager yourself once upon a time. That's why Tantrum's encouraging you to revert to your adolescent self so your child can get to know that version of you, free from the title of 'parent'.

1. **We invite you to exchange letters with your present-day child as your adolescent self when you were their age (and not in the middle of a global pandemic!).** Travel back in time and transport yourself to where you were living. You don't know your child and they don't know you. What would it be like to get to know each other?
2. **Once your child has written their first letter, write them a reply.** Have fun with this while taking the opportunity to share something they mightn't know about your adolescent self. Write your letter when your child isn't watching to keep up the magic. And remember, interdimensional mail is slow so take as many days as you like to respond.
3. **Once you've written your letter, slide it under the door to your child's room when they're asleep or not looking.**
4. Now that you've made contact, **it's up to you and your child how many letters you write to each other** and how long you keep it up. Think of genuine questions you'd like to ask your child during this time. Get creative with your prompts and what you include with your letters – drawings, music suggestions, or small objects? Don't hesitate to get in touch with Tantrum if you'd like some inspiration.

Beyond giving your child the chance to get to know a bit about you before they were in your life, **this activity may give you another option for communicating with your child, helping them to document this strange time and how they feel about it in a creative way.**



TANTRUM

www.tantrum.org.au
info@tantrum.org.au

supported by

Hunter
PRIMARYCARE

 **headspace**
Newcastle