

LEARNING ACTIVITY 2

PSTD & Mental Health – Letters Home

Using **Learning Resource 1b**, listen to the students from St. Thomas More Language College sharing their letters home.

1. In pairs or small groups, discuss what you think you would want to write to your family or closest friend, the night before going into battle. You might want to describe how you feel, share a memory about something you did together, thank them or talk about a hobby or experience you share etc.
2. Using the inspiration of the veterans combat experience, the students letters, and your class discussion – write your own letter home.
3. Students are asked to read out their letters and talk about what they felt was important to write to someone special and why.