

Unplug with a Pen Pal



1. Decide on the group you want to engage with (Seniors, students etc). Contact potential pen pals and set a date to write letters.
2. Gather your supplies including paper, stamps, colored pencils.
3. Figure out if those you are writing to can send responses. For seniors that can reciprocate, students can ask them to share stories of how their lives were different before technology. Seniors can ask kids about what they like to do and how they communicate with friends. Check out our examples of letter writing prompts at our website below.
4. Even if you have seniors who reciprocate you might want to make additional letters of well wishes for Seniors who can't write anymore but would appreciate a pick-me-up.



5. Before you begin your letter writing session, remind people to put their tech devices away so they can focus.

6. Share any photos of your completed letters or event with us [HERE](#)



www.unplugcollaborative.org