

This International Women's Day **BALANCE THE SCALES**



Time Capsule

Students write a letter to themselves, 5 years in the future and seal it in a vessel. The purpose of this activity is for students to consider where gender equality stands today and where they hope it will be in five years.

This reflective writing activity helps students express their values and aspirations for gender equality. Encourage thoughtful and imaginative messages.

Use the framework on the following page to guide the students in their letter writing.

Some questions students may want to explore as a part of their letter writing process:

- What does gender equality mean to you right now?
- What issues around gender equality do you see in your school, community, or the world?
- Have you experienced or witnessed gender bias or inequality?
- How will you stand up for others or challenge stereotypes?
- If I could change one thing about gender roles today, it would be...

After the letters are complete, collect the letters in a symbolic container to represent sending their hopes into the future, and consider displaying it in the classroom or school as a reminder of their vision.

Date

Dear future me,

Today is International Women's Day 2026, and I am thinking about...

My dream school or workplace would be...

From, _____
Student Name

School