

The background is a vibrant, abstract composition of thick, textured paint strokes in shades of blue, green, red, and yellow. There are numerous paint splatters and drips scattered across the surface, adding a dynamic and creative feel. A large, light gray circle is centered on the page, serving as a frame for the text.

A CREATIVE WORKBOOK

REMARKABLE ME

WEEK 6
SETTING INTENTIONS &
GOALS

7 WEEK TRANSITIONAL SUPPORT PROGRAMME

WEEK 6 RESOURCES

1

ARTS & CRAFTS INCLUDING PENS & PAPER

2

WORRY BOX

3

A3 OR A4 PLAIN PAPER

4

PILLOW AND BLANKET

5

MAGAZINES

6

GLUE

7

CRAFT EMBELLISHMENTS

8

JAM JAR



WRITE A LETTER TO YOUR FUTURE SELF

FOR THIS ACTIVITY YOU WILL NEED SOME PAPER AND PENS



WRITE AN ENCOURAGING LETTER TO YOUR FUTURE SELF

Give yourself words of encouragement, tips on how to deal with stress and remind yourself how far you have come.

Make sure you put the date at the top of your letter and give it to your parent at the end of the session.



CONNECT TEAMS

YOU WILL BE PUT INTO YOUR CONNECT TEAM



CREATE YOUR OWN GRATITUDE JAR

Create a gratitude jar out of a jam jar, pens, glitter etc. They should each day write down something they are grateful for and place it in their gratitude jar. At the end of each month they should look at all the things they felt grateful for.

MY MAIN GOALS

YOU WILL BE PUT INTO YOUR CONNECT TEAM

WHAT IS MY MAIN GOAL ?

HOW WILL I KNOW WHEN I'VE REACHED MY GOAL?

MY GOAL IS IMPORTANT
TO ME BECAUSE ...

MY KEY STRENGTHS
THAT WILL HELP ME
ACHIEVE THIS GOAL ARE....

OBSTACLES THAT MIGHT
ARISE...

HOW I WILL DEAL WITH
THOSE OBSTACLES



MAKE A VISION BOARD

FOR THIS ACTIVITY YOU WILL NEED
MAGAZINES, PAPER, PENS, GLUE AND ANY
CRAFT EMBELLISHMENTS



MAKE A VISION BOARD WITH EVERYTHING YOU WOULD LIKE TO ACHIEVE

Using A3 or A4 plain paper create a vision board using pictures from magazines or newspapers or draw what you would like!

You can create and decorate your vision board in any way you like.



GUIDED VISUALISATION

FOR THIS ACTIVITY YOU WILL NEED ACCESS TO SOMEWHERE COMFORTABLE, A PILLOW AND A BLANKET



YOU WILL BE TAKEN ON A CREATIVE VISUALISATION JOURNEY

Find somewhere comfortable you can lie down with a pillow and a blanket and just listen to the facilitators guided visualisation journey!
This is your time to relax.



REMARKABLE ME CIRCLE

TIME TO SHARE WHAT YOU FEEL WORRIED ABOUT AND WHAT YOU ARE GRATEFUL FOR WITH THE GROUP

THANK YOU

THINK ABOUT SOMEONE
IN THE GROUP WHO YOU
WANT TO APPRECIATE

Put your hand up & wait to be chosen. Say someones name in the group and say why you want to thank them.