



ACTIVITY: 'BEEN THERE, DONE THAT'

TIME: 15+ minutes
SIZE: Individuals
SPACE: For individuals to work
RESOURCES: Large pieces of paper, coloured pens/highlighters

The aim is to allow students to experience a situation where their thoughts about an event affect their feelings (see A-B-C-D Model).

The result should be that students understand that they can control the way they think about events and therefore may feel better and take more positive actions.

NB: This activity may feel too personal for some students to either wish to share or to even attempt. No students need to show their work to anyone else, you included, if they don't want to.

1. Each student is going to draw a 'road map' of his/her life, from birth to where he/she is today. The road itself might be straight, a bit curved, or even very windy, and along it will be 'milestones' – events that have happened in the student's life (e.g. starting school, breaking an arm, getting a pet, moving interstate, losing a grandparent).
2. Give students at least 10–15 minutes for this process, perhaps encouraging class discussion about events as they work.
3. Now ask students to use two differently coloured pens to mark different sections of the road – the sections they thought they were in control of, and the parts they felt were out of their control.
4. If time permits, ask students to write some quick notes on particular sections of the road, with their thoughts about why they felt they were either in control or not in control at those points.
5. Commence discussion.



POSSIBLE DISCUSSION QUESTIONS

- Did this activity show you any patterns about times in your life when you felt more in (or less in) control?
- Looking at the times in your life when you felt less in control, can you come up with ways you might have thought about those events that could have changed those feelings?
- Across the class: what types of events/situations seemed to be associated with feeling out of control?
- What helpful strategies did you use to feel more in control?
- Brainstorm/create a list of some events/situations in which you may feel out of control. What might you be thinking in those situations?
- Brainstorm/create a list of strategies (things you could say to yourself and things you could do) to suit those events/situations that might help strengthen our Sense of Control.