



ACTIVITY: 'SIX-ONE-FIVE'

TIME: 15+ minutes
SIZE: Individuals
SPACE: Room for individuals to work
RESOURCES: Unforeseen Events Cards (p.79 or SenseAbility CD), hat/bucket, pens, paper

The aim is to have students consider their future not just in terms of career, but in terms of other important aspects of their lives.

The result should be an understanding that striving to reach a satisfying future requires consideration for many enriching aspects of life, including family and personal relationships.

1. Draw up on the board a simple table like the one below. These represent various domains in students' lives (career, relationships, fun) at three times in the future (six months from now, one year from now, and five years from now).

	SIX MONTHS	ONE YEAR	FIVE YEARS
SCHOOL/WORK			
FAMILY			
FRIENDS			
COMMUNITY			
ENJOYABLE/PLEASANT EVENTS			
OTHER (OPTIONAL: STUDENTS FILL IN A DOMAIN IMPORTANT TO THEM)			

2. Give students five to 10 minutes to fill out each of the domains, imagining where/what they might like to be in the three different future zones. Consider encouraging class discussion while they fill out these tables.
3. Put the separated Unforeseen Events Cards in a hat/bucket, and allow students to pick one card. These include events like 'Family member falls seriously ill' or 'Hand injured for three months'.
4. Have students consider how this unforeseen event might impact on their five/six domains in each of the various timeframes.
5. Commence class discussion.



DISCUSSION SUGGESTIONS

- How easy/difficult was it to fill in all the domains and future zones? Which parts were more challenging? Why was that?
- Why is it important to consider all aspects of your life – not just career – when setting goals and making plans?
- Could you relate to the Unforeseen Event you received? Have you ever had to deal with anything similar in your life? What did you do? Would you do things any differently now?
- Were there particular domains or time zones where the Unforeseen Event impacted more keenly than others? Why might that be?
- What skills are important to develop in order to help us deal with unforeseen circumstances as we pursue our goals and make plans?
- Who might be able to help us if we experience unforeseen circumstances?