



ACTIVITY: 'YOU KNOW WHAT I LIKE?'

TIME: 15+ minutes
SIZE: Large groups/whole of class
SPACE: For pairs to perform at front of room
RESOURCES: Style Cards (p.90 or SenseAbility CD), hat/bucket, pens, paper

The aim is for students to use perspective-taking and forward-thinking skills to consider enjoyable aspects of their lives.

The result should be class discussion about ways we all can remain hopeful while trying to reach our goals.

1. Students take a few minutes to privately consider things that give them a strong sense of satisfaction or enjoyment – anything from getting a good grade or finishing a race, to spending time with family or hanging with friends.
2. Have them write a numbered list of five of those things, in no particular order.
3. Select an initial two students to form a pair and bring their lists to the front. Explain that they are to conduct a casual conversation where each covers all five points on their list. However, they have to conduct the conversation in a certain style, which is determined by the Style Card they draw from a hat/bucket (e.g. in the style of a detective and prisoner on a train, or two crash survivors crossing a desert). It is up to you whether students read out their Style Card before commencing, or whether the audience should guess the style after each piece.
4. Performances should be limited to a minute or so. Try to allow everyone to get a chance to perform up front.
5. Once everyone who is comfortable having a go has been up front, commence discussion.



DISCUSSION SUGGESTIONS

- Was it easy to think up a list of five things that give you satisfaction or enjoyment? What should people do who cannot think of anything satisfying or enjoyable? Who should they seek help from?
- Did your five items seem any more or any less relevant in the context of the performance? Why might small things seem important even in the direst of circumstances?
- How do you think you would feel about your future if you actually were in the role you were playing? What would you do to make sure you undertake the enjoyable things on your list?
- What can you do today to achieve the five things on your list (e.g. schedule enjoyable/pleasant events into your weekly calendar)?
- Why is it important to remain hopeful even in challenging circumstances? What thinking skills are important to maintaining your feelings of hopefulness?