

Objective

To embed the messages from the day and give the students time to reflect on how life balance can be applied to their own lives.

Resources

About Me sheet and something to write with.

Set Up

This activity is for the students to complete while the volunteers are out of the room agreeing the scores for the puppet presentations. There will be a teacher in the room with the young people.

Distribute one About Me sheet per student and explain that, once completed, these will be handed in, but they will be returned within the next few weeks. It is important that the sheets are named.

Take a minute to let the students read through the document so that you can answer any clarifying questions.

Self-Rating

Students are asked to score themselves on a scale of 1 to 10 on how well they are doing in the life elements.

The final column is for them to look at their weaker elements and give some examples of what they can do to improve and reach more of a balance.

Actions

The students should affirm an action that they will complete within the next month. When the student receives their sheet back they will insert the date when the action was achieved.

Life Skills

Linking life-skills to the life elements will help the students think more broadly about how they can make changes to their lives and improve their chance of success and happiness. There is an example on the sheet to give guidance.

Further Interventions

What do the students want to learn from other people, including volunteers, who come into the school.

Inform them of other volunteer programmes that may be available to them or help them to think about opportunities that could involve other organisations.

Examples could be healthy eating, interview skills, career information or financial management. This information will be passed back to the school to help them think about future intentions and workshops.

Do not commit volunteers to any future engagement unless you are positive that you can keep that promise.

Example:

Life Element	Now	Target	Explanation
Expertise	10	10	My two weakest points are Health and Socialising, I enjoy swimming and will start to go more regularly and if I join a club I will make more friends
Health	5	8	
Socialising dSocialising	4	10	
Citizenship	7	8	