

# Next Steps



Flourishing

Perseverance

Patience

Critical Thinking

## Activity 1



### Aim(s)

- To review what the young people have learnt.
- To think about how the young people can use their new knowledge to help them flourish.



### Resources

- Several pieces of flipchart or sugar paper stuck together. **OPTIONAL**
- Coloured pens. **OPTIONAL**
- Post-it notes. **OPTIONAL**
- *Next Steps* Sheet.



## Delivery Guide



This can be completed in pairs, individually, or as a group.



Facilitators can join in with this, sharing their own thoughts and learning from the sessions.

### Part I

Ask the group to think about the things they have learnt from the character based activities they have done. Lay out the big pieces of paper and ask that they, as a group (or as several small groups), create a 'graffiti mural' to represent all of the things they have learnt. It can be as creative as they want, and can include words, pictures, colour and anything else they deem suitable. Everyone should contribute in some way.

Alternatively, this can be done in a number of different ways:

- Going round the room and asking each person to contribute one or two things they've learnt.
- Working in pairs, each young person should tell their partner three things they have learnt.
- The pair should then feed that back to the larger group, if appropriate.
- Participants can write the things they have learnt on post-it notes. The group can then collect them on a piece of flipchart paper.

## Part II

Thinking about the things they have learnt, ask the young people to think about how this can help them move forward. What's next for them? What little step can they take straight away (or at least in the next few days) that will bring them closer to their goals – either the things they want to do, or the kind of person they want to be. These could be asking someone for help, showing perseverance in developing a new skill, or showing patience when waiting for something.

What will they commit to doing? Ask them to come up with 3 'next steps' (they don't have to be linear and/or all towards the same kind of goal) they can take. They can fill this in on the worksheet and can share it with the group, if appropriate.



This can be done by referring back to the *Who do you want to be?* and the *What do you want to do?* activities, if you have completed them.

### Points to highlight

- There are lots of things we can do to take steps towards our goals, even if the steps are small.
- Character strengths are an important part of flourishing and reaching our full potential.

