

My preferred future

This sheet is designed to encourage children to reflect on their hopes and ambitions for their future self and, through discussion with their peers, reveal to them the commonalities that underpin the human condition.

Try to imagine yourself in 10 years' time

Ask the children to imagine themselves in 10 years' time. To help them do this, you could ask the children to do a drawing of what they think they will look like ten years from now. Then ask them the following questions:

- Where would you like to be?
- How would you want to feel?
- What would you want to be doing?
- Where would you want to live and work?



Discuss the answers

Encourage the children to gather in a circle and have them discuss the answers to the above questions about their future self.

Some example questions:

- How are your hopes for the future similar?
- How are your hopes for the future different?



For more activities

This activity is taken from **60 Motivational Minutes** by **Dr Tina Rae**. Please visit nurtureuk.org/publications/practical-tools to see the full range of publications designed to increase children's mindfulness and improve wellbeing.

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