

Session 2.6: Being independent

Activity sheet 2.6.1: What is independence?

Being independent means doing things for yourself.



Talk about what you can do by yourself. Write down 4 things that you are particularly proud of doing by yourself.

1.

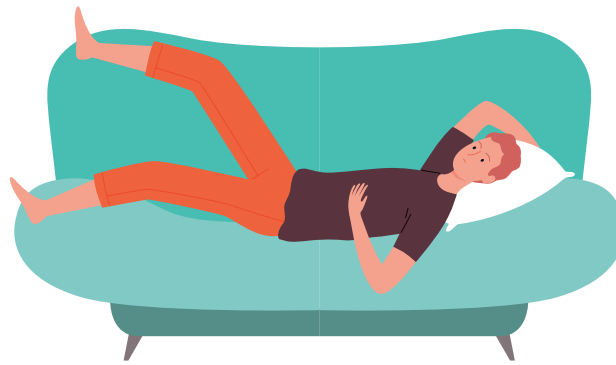
2.

3.

4.

Activity sheet 2.6.2: Why are some people not independent?

Talk about why some people do not do as much for themselves as they could do. You could talk about some of the following reasons. You could add some of your own.



- Some people leave it to other people.
- Some people are not allowed to do things for themselves because other people do not let them. Some parents or carers think they have to help more than they need to. Some parents or carers do not realise that we have grown up and are not children any more.
- Some people are lazy and do not want to try.
- Some people do not think they are good enough or are not confident enough.
- Some people are scared of failing.

Add other reasons here:

Activity sheet 2.6.3: What would you like to do?

Think of one new thing you would like to do for yourself.

Draw or write it here: