

# Session 6.3: Making plans

## Activity sheet 6.3.1: Cal's plan

When you were a child other people made decisions for you.  
As an adult you can make decisions for yourself.

We can make big plans or we can make small plans.

Read Cal's plan.

### Cal's plan

Cal wants to work with animals.

She will talk to her teacher to see if she could help her.

Cal's teacher said that Cal could:

- go to a children's farm for work experience every Wednesday
- visit the local college to see if she could apply for an animal care course which starts next September.

Talk about Cal's plan.



## Activity sheet 6.3.2: Kerry's plan

Read Kerry's plan.

### **Kerry's plan: Respect myself**

Kerry is fed up with trying to please everyone else. She says she realised that she respects others but not herself. She has decided that she will be more assertive and tell people what she would like to do.

Kerry thinks she may need support and encouragement.

Kerry talked to her keyworker about this. Her keyworker said that they could have a chat about it.

Kerry and her keyworker devised this plan;

- I will tell my mum what I want to wear rather than leave it to her to choose my clothes.
- I will ask my mum to knock before coming into my bedroom.
- I will tell my best friend what I would like to do on my birthday next week.
- I will talk to my keyworker next week to see how it is going.

Talk about Kerry's plan.

## Activity sheet 6.3.3: Ravi's plan

Read Ravi's plan.

### Ravi's plan



Ravi wants to live on his own in his own flat.

Ravi knows that he will need help though.

Ravi talked to his key worker.

The key worker and Ravi have planned the following:

- Ravi will live in his own flat where there is staff living downstairs.
- Ravi will go to college to learn independent living skills.
- Ravi will live near his family so he can see them.
- Ravi's dad will help Ravi manage his money.
- Ravi will see his key worker once a week to talk about how he is getting on.
- Ravi will go to a club where he can meet up with his friends.

Talk about Ravi's plan.

## Activity sheet 6.3.4: David's plan

Read David's plan.

### David's plan

#### What I want

I want to stop drinking too much alcohol.

#### What help I will need



I need to talk to someone who understands.

#### Who I will talk to about my plan

I will talk to the counsellor at college.

Talk about David's plan.

## **Activity sheet 6.3.5a: MY PLAN!**

### **Make your own plan!**

- It could be a big plan like Ravi's.
- It could be achieving one of your wishes.
- It could be behaving better.
- It could be learning a new skill.
- It could be facing an addiction or sexual issue.

Remember to think about how much help you will need.

Your plan must be realistic. This means that it is possible with support.

## Activity sheet 6.3.5b: MY PLAN!

I want to

What help I will need

Who I will talk to about my plan

## **Activity 6.3.5c: Moving forward with the plan**

David went to see the counsellor. The counsellor gave him activities to do.

After you have talked to someone about your plan, you may have activities to do. Write them here:

1.

2.

3.

4.