

# Activity Sheets

## KNOWING MYSELF

1. Identifying skills/Guess the skill
2. My skills
3. What's important to me and how can I work towards it?
4. Name that feeling!
5. Feelings change
6. Sam's story
7. How skilled are you at...?
8. How could this have gone differently?
9. Do I know my rights?
10. Is this discrimination?
11. Knowing Myself action plan

## MANAGING MYSELF

12. Managing money card game
13. Stress bucket activity
14. Healthy young adult carer smoothie
15. Snakes and ladders
16. Managing Myself action plan

## THE FUTURE ME

17. A picture of me
18. Research log
19. Knowing your options quiz
20. The STAR
21. Overcoming barriers
22. The Future Me action plan



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