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| **Section: My future** | | | |
| **Objective:** | | Participants write or draw about their hopes, dreams and plans for the future.  SEL Competency: Self Awareness, Responsible Decision Making  Developmental level: Advanced  Key message:  Time: 65mins | |
|  | **Character name** | | **Content:** *Format*  (TONE OF ADDRESS)/‘Lines from script’/song/sound clip no. |
| **1.** | FX (sound FX) | | *STANDARD INTRODUCTORY JINGLE NO.xx* |
| **2.** | Host | | Today we will be thinking about our futures. Take out your journals or get a piece of paper and some writing or drawing materials! (pause) |
| **3.** | FX (Sound FX) | | Short musical interlude to give children at home enough time to get their journals – 30 seconds max |
| **4.** | Host | | Before we begin, I want you all to close your eyes. Take a deep breath in through your nose (pause) |
| **5.** | FX (Sound FX) | | Sound of inhale |
| **6.** | Host | | and out through your mouth. |
| **7.** | FX (Sound FX) | | Sound of exhale |
| **8.** | Host | | Again, take a deep breath in through your nose for 1, 2, 3, 4, 5, |
| **9.** | FX (Sound FX) | | Sound of inhale (starting with the couning in the line above) |
| **10.** | Host | | hold for 1, 2, 3, |
| **11.** | FX (Sound FX) | | Sound of exhale (starting with the couning in the below above) |
| **12.** | Host | | and let it out through your mouth for 1, 2, 3, 4, 5.  One more like that, in through your nose for 1, 2, 3, 4, 5 |
| **13.** | FX (Sound FX) | | Sound of inhale (starting with the couning in the line above) |
| **14.** | Host | | hold for 1, 2, 3, |
| **15.** | FX (Sound FX) | | Sound of exhale (starting with the couning in the below above) |
|  | Host | | Ready to think about the future? |
|  | All | | Yes! |
|  | Host | | Perfect! Ok keep your eyes closed if its comfortable for you and I want you to imagine yourself 10 years from now. (pause)  How old will you be in 10 years?  Where do you think you will be? Where do you want to be?  What will you be doing? For a job? For fun? With your family? Will you have your own family in 10 years?  What kind of person do you want to be in 10 years?  Take as much time as you need to think about your future. You can be as ambitious as you want! Write your ideas, dreams or plans for the future, even if they seem impossible.  If you work hard, you can achieve whatever you set your mind to, so don’t be afraid to dream BIG!  When you’re ready, open your journals to a fresh page, or take some blank paper. You can write about your future or you can draw your future. You could even do both.  Whenever you need some motivaton or inspiration to make good choices, you can open this page in your journal to remind yourself of all your dreams for the future. You can also add and change what you’ve written or drawn whenever you want! |
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