



Week one: What is important to me

This session is designed to help us think about what is important to us and what gives us purpose in life. We will think about how we can carry on with these things at the moment.

Activity

We will draw around our hands and write in them what is important to us and things we like to do. You can write a different thing in each finger and over the palm of your hand. Then you can decorate it with colours, words and images that mean something to you.

On the next two pages is a template to help you get started (you can print this out and use it during the session if you want to) and an example of what it can look like.



Example





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