

# Resource Toolbox

This document contains all the working tools and worksheets that can be used when filling a My Journey document in with the young person.

They can be printed one sided and attached with the rest of the my Journey.

This pack includes:

- A—Z of - This worksheet has an unfinished title as you can alter the page, depending on what you are using it for. For example: A-Z of the things I like about myself, my worries, things that make me happy, things I'm scared about. (example included)
- Starburst exercise— this can be used for almost anything. The idea is that you have sweets in four different colours and a question corresponding to those colours. You can find things out such as:
  - young person's worries
  - things that make them less worried
  - things that make them happy
- Wish list—a list of things that can make the young person cheer up. It can be a list of dreams or things that they want to change.
- Diamond ranking— Showing the importance and priority of certain things or people to the young person. This can be used on the “people helping me” or “people that are important to me” page.
- Collage—a range of images can be used to describe things or people. Colours can be used to show the importance of those things or people.



# A-Z of

On this page, you can think of all the things (e.g. people like about you/ you like about your life / that are important to you). Don't worry if you can't think of something for every letter, you can come back to it.

A

B

C

D

E

F

G

H

I

J

K

L

M

N

O

P

Q

R

S

T

U

V

X

Y

Z

Review:

Are you happy with the session? Do you want to focus on anything in particular next time so it can be added to the agenda?  
How would you like to work next time?



## A-Z of

The positive things I and other people think about me

On this page, you can think of all the things (e.g. people like about you/ you like about your life / that are important to you). Don't worry if you can't think of something for every letter, you can come

Adorable

Neat

Bright

Organised

Crazy

Passionate

Driven

Quick-witted

Enthusiastic

Reliable

Fabulous

Sassy

Gregarious

Talkative

Happy

Understandable

Imaginative

Very open minded

Jolly

Xcellent

Kind

Y

Loving

Z

Memorable

## Review:

Are you happy with the session? Do you want to focus on anything in particular next time so it can be added to the agenda?  
How would you like to work next time?



# My wish list

Review:

Are you happy with the session? Do you want to focus on anything in particular next time so it can be added to the agenda?  
How would you like to work next time?



# Starburst Exercise

Interesting fact about yourself

Favourite school subject

Best skill or quality

Favourite hobby



Red Starburst



Green Starburst



Purple Starburst



Orange Starburst

Review:

Are you happy with the session? Do you want to focus on anything in particular next time so it can be added to the agenda?  
How would you like to work next time?

