

THE JOURNEY

HERE'S HOW TO USE THIS ACTIVITY:

1. Identify what problem your child/pupil wants to work on (e.g. concentrating on their work).
2. Decide on four steps they can take to help them improve. This could be four different things, or the same thing four times (e.g. set an alarm for 10 minutes, then 15 minutes, then 20 minutes. Until their alarm goes off, they're to sit in their workspace and work on an activity without looking at a phone/getting up for a drink etc).
3. Decide on a timescale between each checkpoint. Depending on the individual, it might be a couple of weeks, a couple of days or a couple of hours!
4. When they get to each checkpoint, make time to talk to them about how their journey is going. Make this non-judgemental – it's normal for obstacles and distractions to crop up along the way. You can use pictures like the ones in the bottom right corner to represent these, or your child can draw their own.
5. Stress to them that not going forward or even slipping backwards a little bit doesn't mean they've not made progress overall. Keep them focused on their successes to keep them motivated

NOTES:

This might work well with:

I could adapt this by:

SUCCESS MARKERS

We'll use this sheet to track your progress toward your goal. Remember it's OK to slip back sometimes, it's all part of the process! The important thing is not to stop.

The destination.

Date:

Well done! Be proud of how far you've come, Now you get to decide whether this is the starting point for the next journey!



Check point 4

Date:

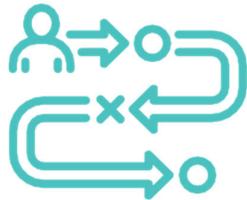
What final steps do I need to take to reach my goal?



Check point 3

Date:

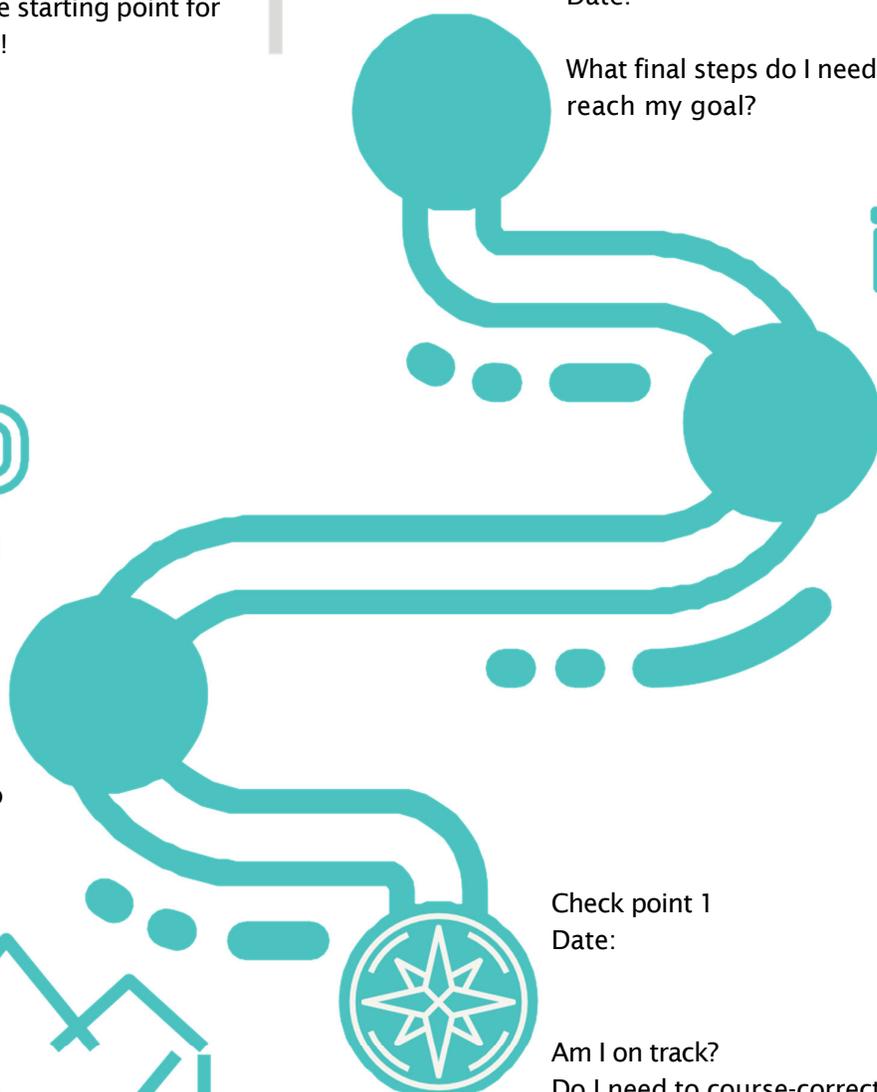
Does my goal still feel a long way off? Look back at how far I've come.



Check point 2

Date:

Have I taken any detours? What do I need to do now?



Check point 1

Date:

Am I on track? Do I need to course-correct?



The start.

Decide where you want to go. What is your goal? When do you want to be at your destination? [Fill in the date boxes]

