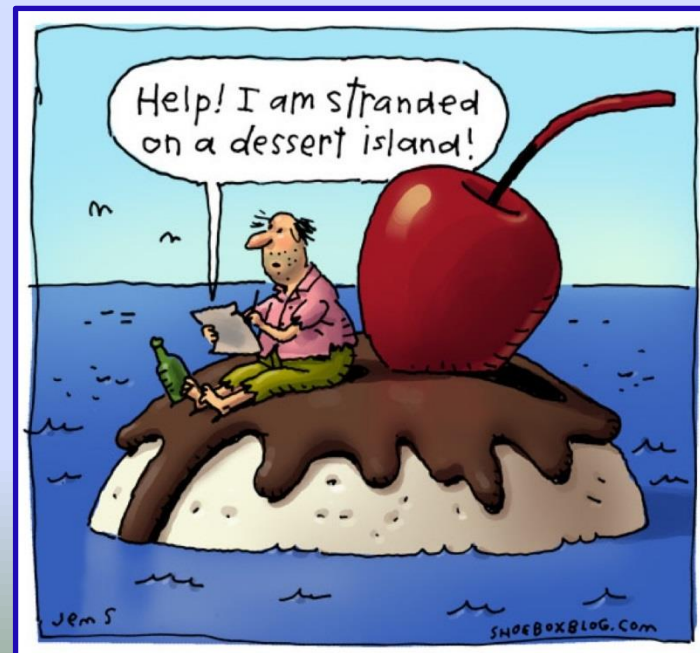


Desert Island

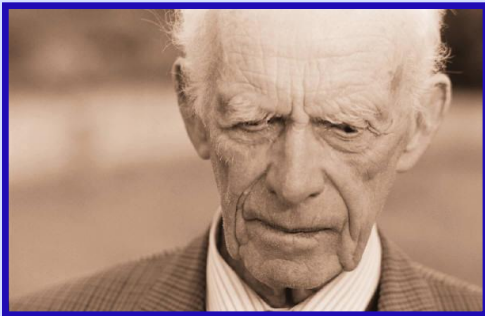
Imagine you are going to be stranded on a desert island... you can ONLY take 5 items with you, what would you take and why?

- Explain why you chose these items?
- Explain how long you think you can survive with each of these items on a desert island?



The Future Self Challenge

I am old now and I look back on my life. I didn't take control of what happened to me but let things happen. I never took the time to stop and think. You have the time to stop and think about the person you are and the person you would like to be. Your challenge is to use your skills to help you take the first steps on your journey to your 'future self'. You have many people to help you. Take advantage of this opportunity to make a difference. Remember that as you learn and develop you can always modify and adapt your future self.



Your challenge is to create a plan about how to reach your future self-goals.

Your challenge should include:

- A clear idea of what your future self-goals might be
- A list of barriers and obstacles that might get in your way
- A list of facilitators, people and things that will help you reach your goals
- Ideas about the first step you will take
- Ideas about how you will know you are getting there



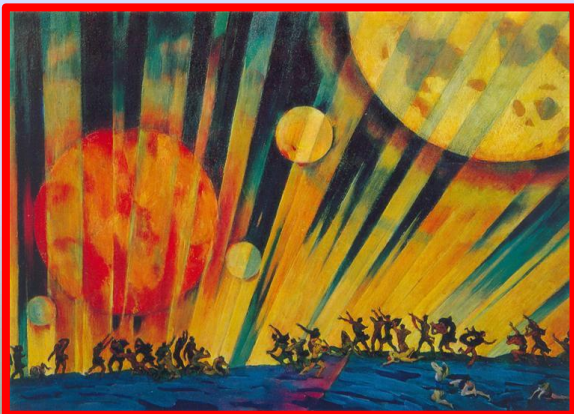
New Planet



Select 10 individuals from the list on the next slide to create a new planet, taking into consideration age, gender, race, job, skills etc.

The end of the earth is coming! The ozone layer has become far too thin, and in a couple of days, meteors will smash through into Earth and humans will not survive! NASA has a rocket that will send people to a new planet so that they can repopulate and the human species will not become extinct. The only problem is the rocket can only take 10 people.

Decide on the 10 individuals that should go from the list on the next slide. Jot down any ideas or feelings you have about why any individual should or shouldn't be saved.



New Planet

- 35 year old Irish female, has 3 children at home, single mum, artist
- 12 year old male, straight 'A' student, wants to be a police officer, high I.Q of 150
- 18 year old male, studying engineering, part-time comedian, obese
- 55 year old Russian male, investment banker, very wealthy
- 21 year old male, wheelchair user, Paralympic archery champion
- 15 year old female, pregnant, high school student, great at physics
- 16 year old male, high school dropout, boyfriend of person above and the baby's father
- 30 year old male, nurse, has a husband
- 25 year old African-American female, beautiful, fashion model, suffers from depression
- 19 year old male, ex-army soldier, missing one arm, single
- 70 year old Scandinavian female, retired lawyer and judge
- 42 year old female, doctor, cannot have children
- 40 year old Indian male, dentist, leader of boy Scouts group
- 30 year old American male, famous actor, known to use drugs
- 14 year old male, football player, has paper-round
- 38 year old male, pilot, has the flu
- 29 year old female, botanist (studies plants/trees/ environment), has dwarfism
- 8 year old female, orphan, enjoys practicing magic
- 30 year old Italian female, chef, owns her own restaurant
- 16 year old male, farmer, no qualifications
- 60 year old female, computer technician, grandmother of 10
- 52 year old Chinese male, fisherman, speaks no English
- 24 year old Latvian female, pregnant and expecting twins, teacher
- 48 year old female, rocket scientist, wears hearing aids
- 17 year old female, singer, dancer, actress, smoker
- 28 year old male, professional basketball player
- 33 year old male, builder and carpenter, has chicken pox
- 28 year old Icelandic female, psychologist, counsellor, has fear of flying