

SDS CREATIVE RESOURCES

HOPES & FEARS

A group activity to help young people discuss their hopes and fears for the future.



This activity is intended to start a series of conversations about likes, dislikes and aspirations for the future.

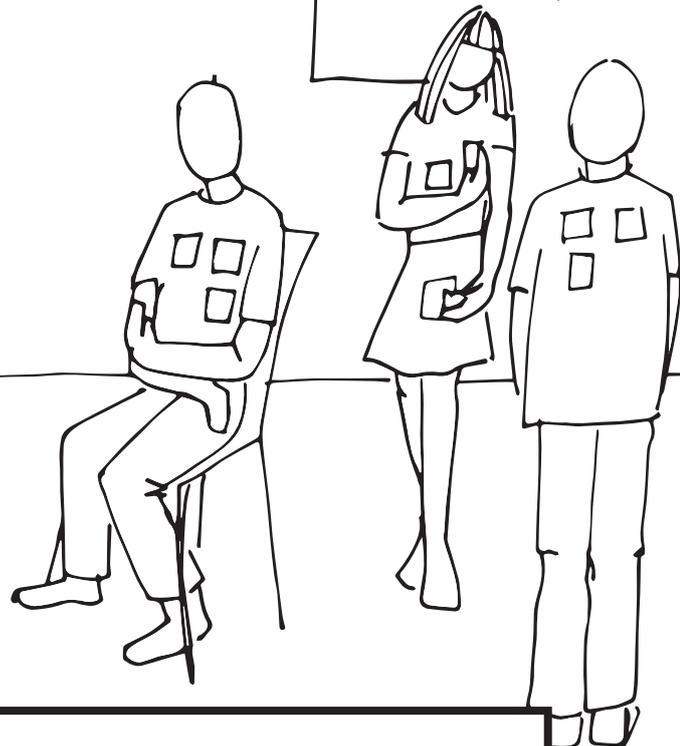
The resulting work should help the young person have their say and help them influence their outcomes.



HOPES



FEARS

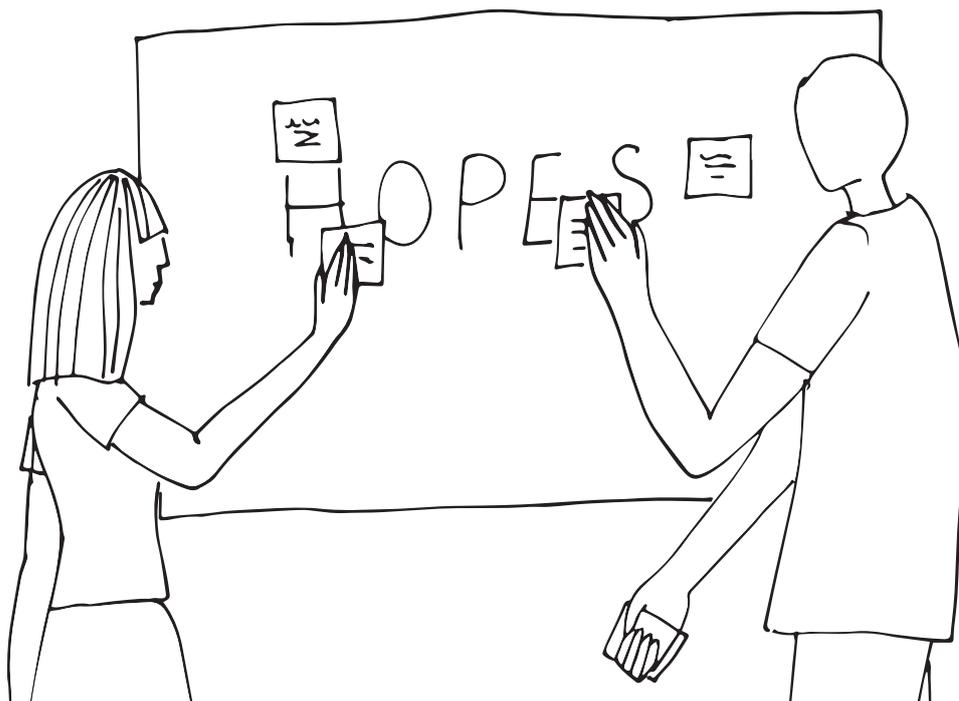


You can gather your hopes and fears by sticking them onto your body.

1

The aim of this activity is to help the young people you are working with think about and express hopes and fears; in a playful way, using discussion and drama. We use post-it notes to write down words and then, in groups, act out the things that have been identified.

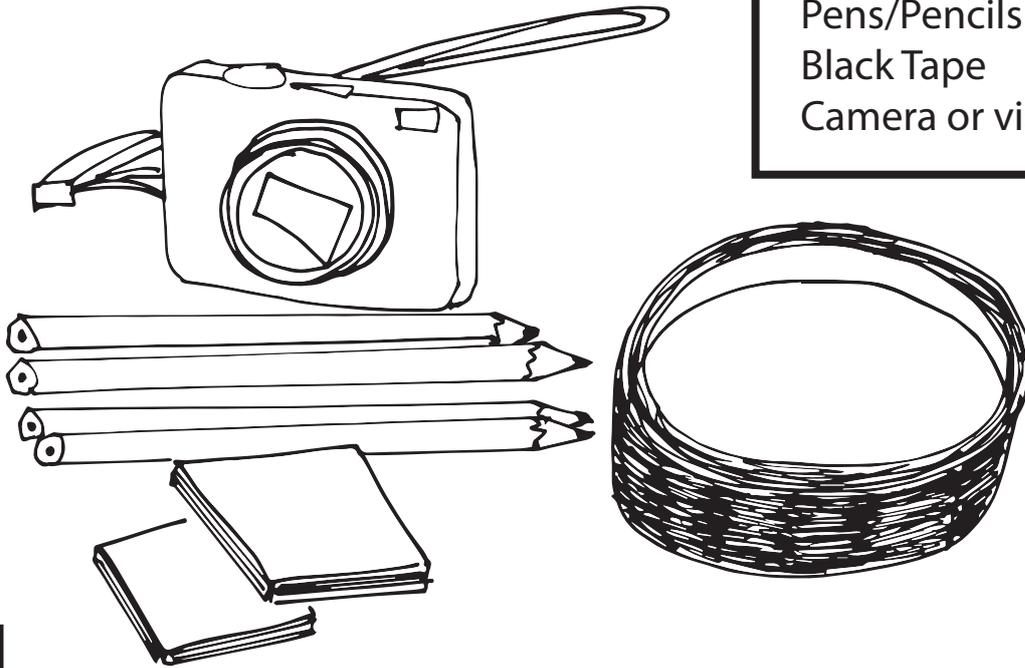
This will enable young people to identify and acknowledge hopes and fears in their lives that might help them to make decisions about what they want to do in the future. The videos and photos you make could be used to support young people to share their ideas and aspirations for the future with others.



Once you have a few hopes and fears you can collect them together by sticking them onto the posters on the wall.

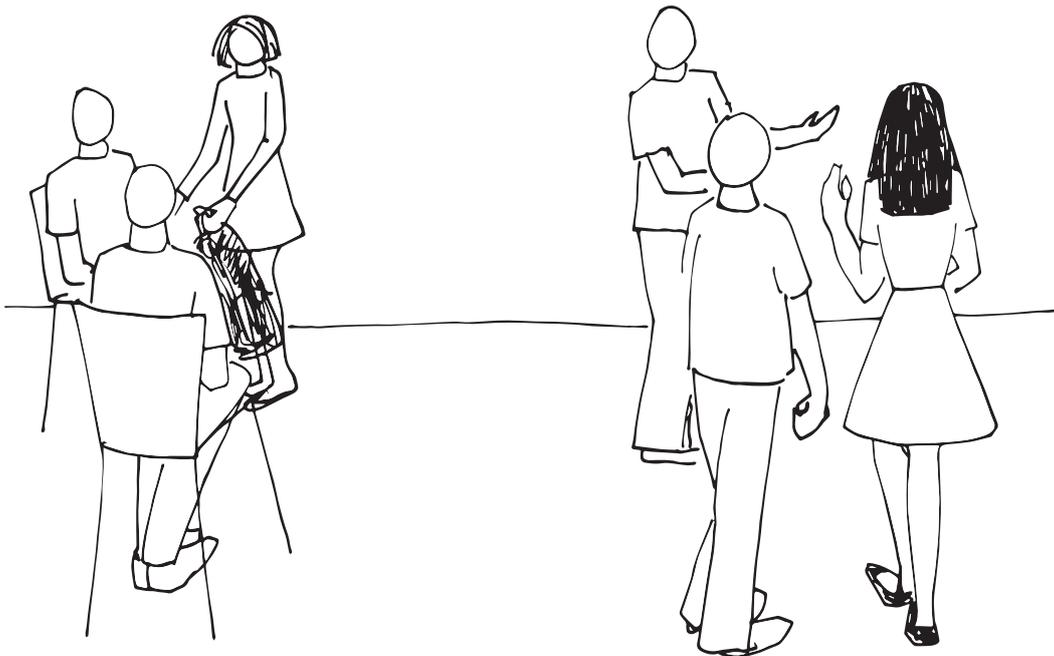
What you need for this activity

Post-it notes (two colours)
Pens/Pencils
Black Tape
Camera or video camera



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Split into two groups and begin to act out a hope or a fear.

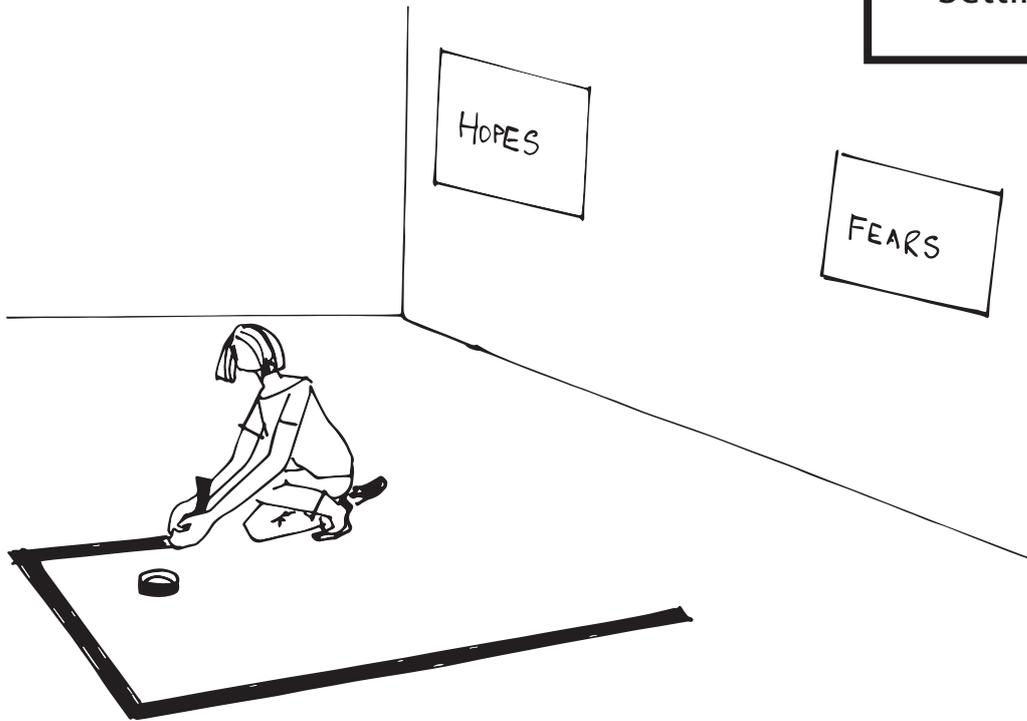


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You can do this by creating a short scene, or by creating a still image with your body. Have fun and don't be too precious - improvise and address new ideas as they arise!

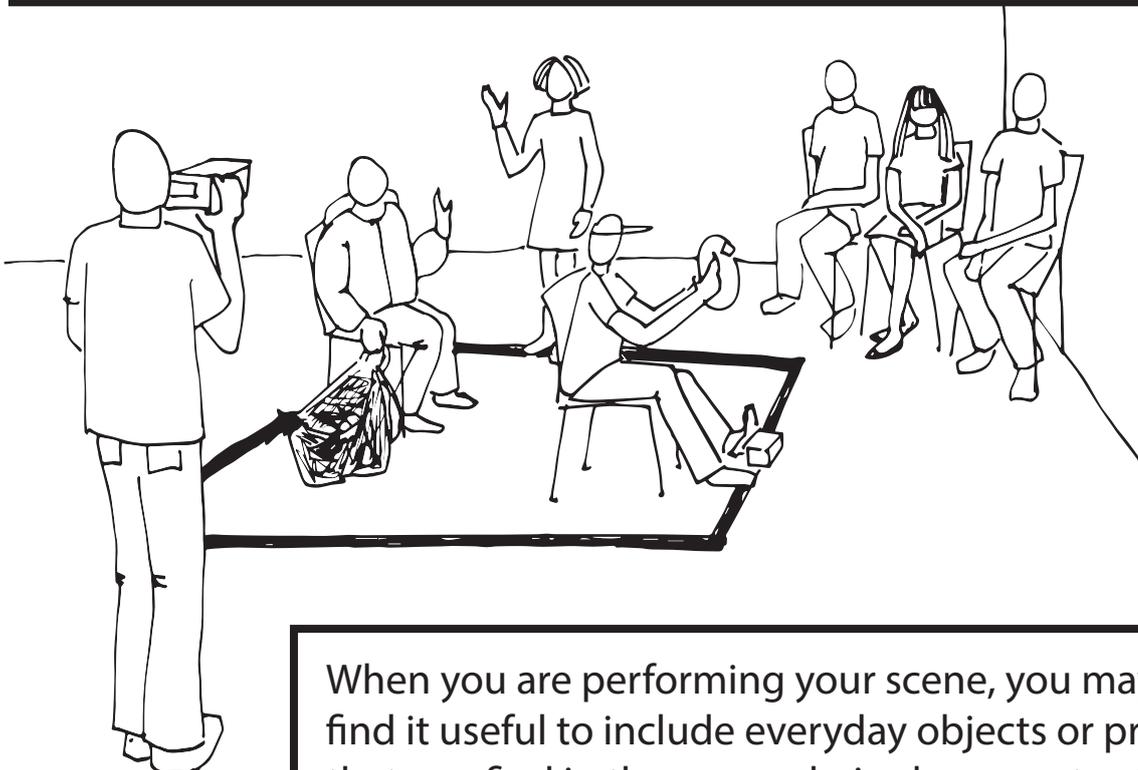
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Setting up



Prepare by placing two poster-sized sheets of paper on the wall, entitled "Hopes" and "Fears" These are the starting points to identify your hopes and fears. With the tape draw out a frame on the ground

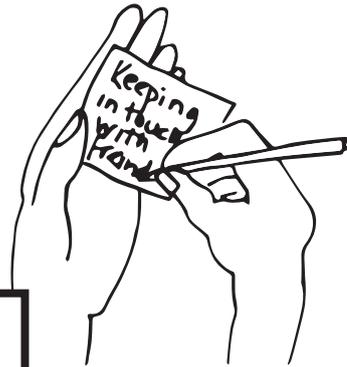
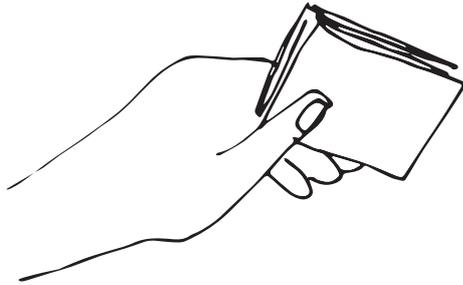
Once each group has practiced a few scenes they should be performed to the other group within the performance space marked out on the floor.



When you are performing your scene, you may find it useful to include everyday objects or props that you find in the room: chairs, bags coats etc

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Using two different colours of Post-it notes, write the down the hopes and fears.

Alternative approaches

The Hopes and Fears activity aims to explore issues that may be worrying young people. Difficult issues should be allowed to be expressed by young people in a safe and secure space.

Here are some starting points for discussion

- What do you like?
- What do you not like?
- What do you enjoy doing?
- What things do you find difficult?
- What makes you happy?
- What makes you uncomfortable?

This activity is designed for a group of young people and would work best with two or more people leading the workshop.

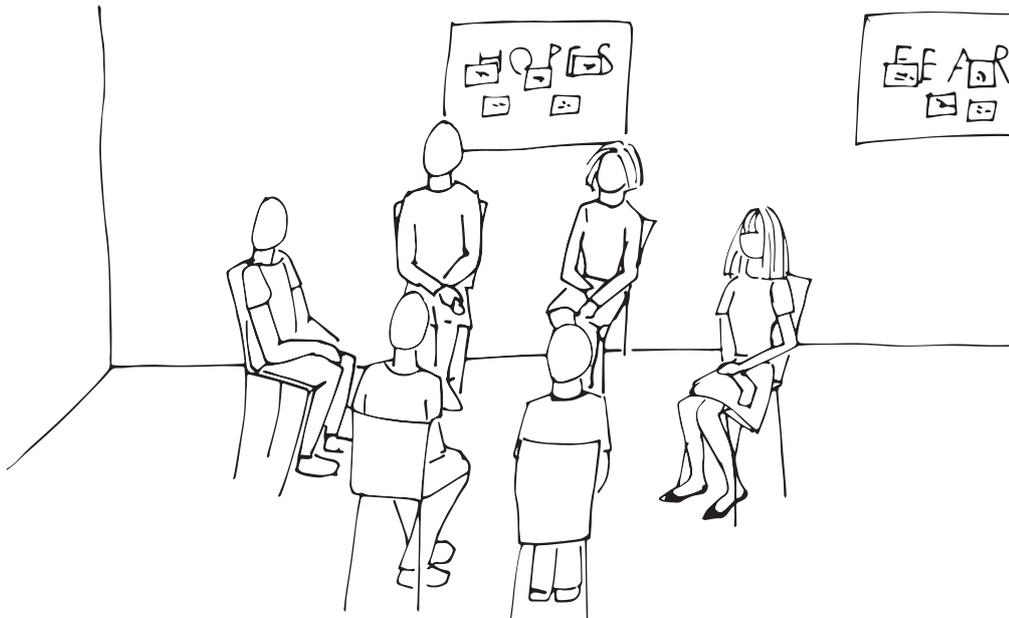
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In a group, play some warm-up games
Each person should share a hope or fears.
The facilitator can start by sharing one of
theirs.



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One you have finished come back together in a circle and discuss
what you have done. People may want to talk about difficult feelings
or new ideas that they have not explored before, so allow time to do
this sensitively.

These resources can be downloaded from:

www.partnersincommunication.info

scottishtransitions.org.uk

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