

My week

Lesson plan

Aim

To help young people to think about what they do across a week and identify the things they like most. To help them to think about strengths and possible careers linked to their interests as well as people they could add to their network.

Mapping

CES 'I Can' Statements	CMS themes & competencies
<ul style="list-style-type: none"> ★ I own and can manage my profile and can use it to help me discuss my interests, strengths and skills with my parents/carers and others ★ I can identify my interests, strengths and skills and I can use these to make informed choices ★ I can identify people in my network who help me broaden my horizons. 	<ul style="list-style-type: none"> ★ Self: I develop and maintain a positive self-image ★ Strengths: I am aware of my skills, strengths and achievements ★ Horizons: I understand there are a wide variety of learning and work opportunities that I can explore and are open to me ★ Networks: I develop and maintain a range of relationships that are important for my career journey

Learning Outcomes

Young people will be able to recognise:

- more about themselves and what interests them
- strengths they gain from their weekly activities
- that their interests and strengths can help them to choose a career
- that people they know from their weekly activities are part of their network.

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Development of Activity

Introduction

This activity asks young people to think about a normal week for them and to identify their favourite activities. They should think about school, home and any hobbies or clubs. For each interest, they should then think about a strength they gain, a possible job linked to it. They should think about who they know from the activity that could be added to their network.

Instructions for the young person

You can use these instructions for your young people to explain the activity.

A work-around has been included for those who can't print the worksheet. You can give this option to young people at the time and in the way you think best.

Before you start

- ★ Print the 'My week' worksheet or ask someone to print it for you
- ★ If you can't print the worksheet, copy the timetable on a piece of paper.
Make each box in the timetable big enough to write or draw in.
Use both sides of the paper with half of the week on each side.

Activity instructions

- ★ Complete the timetable in the 'My Week' worksheet.
 - Think about the things you do across a normal week.
 - Think about school and home and about any clubs or activities.
 - For each part of the week, there are 4 sections to complete.
 - Make it fun and colourful. You can write or draw. Or you can cut and stick pictures, for example from magazines.
- ★ Think about a normal Monday morning for you.
 - What do you usually do? What do you like most? Add this to Section 1.
 - What skills or strengths do you develop from doing the activity?
Add them to Section 2.
 - Think of a job that is linked to your activity and skills. Add this to Section 3.
 - Think about someone you know from this activity, for example a teacher or coach. Add them to Section 4.
- ★ Repeat these steps for the rest of the week.
 - For example, Monday afternoon, Monday evening, Tuesday morning and so on.

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Follow-up

The young person should talk to their family or friends about how their weekly activities and the things they gain from doing them can help them to make career decisions.