



# Activity items...

A guide for teenagers

# What I'm good at



Make a list of things that you're good at in the top left box. In the other boxes, ask other people (your teacher, your parents, your friends) to put down what you're good at...

**What I'm good at**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**What ..... thinks I'm good at**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**What ..... thinks I'm good at**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**What ..... thinks I'm good at**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# Break it up



Sometimes it helps to break big tasks into lots of little tasks.

In the grid, we've broken down "Do my homework" into lots of smaller, easier steps. Use the grid to do the same thing for other tasks, like "Getting ready for school", or "Getting ready for bed".

Big task	Smaller tasks
Do my homework	<ol style="list-style-type: none"><li>1. At school, note down what the homework is</li><li>2. Pack the right books into school bag</li><li>3. Take school bag home</li><li>4. Plan how long the homework will take</li><li>5. Decide when to do the homework</li><li>6. Do the homework</li><li>7. Put the books back into school bag</li><li>8. Take the school bag to school in the morning</li></ol>
Big task	Smaller tasks

# Break it up



Big task	Smaller tasks
Big task	Smaller tasks
Big task	Smaller tasks





# Make a deal

Parents are OK if you know how to handle them.

**One way is to make a deal.**

**You do something that they want, such as:**

- Keeping your room tidy for a week
- Getting dressed in 10 minutes for 5 days in a row
- Not interrupting Mum when she's on the phone

**In return, you get something that you want, such as:**

- 15 minutes extra on the games console
- Taken to a movie
- 30 minutes extra playing outside.

Use the 'Deal Cards' in this pad to make deals with your parents. Stick the deal card on the fridge or a kitchen cupboard so both of you can remember it.

# The deal



If I

(write here what you are going to do)

for            days

(fill in the number)

then I can (write in the reward)

Signed

(you)

Signed

(parent)

Date

