

One Night Stand

Get the Picture Activity

Purpose: To discover the youth's likes, dislikes, and future goals

Supplies: an 11x17 sheet of paper, magazine print outs or digital image searches

Instructions:

Imagine a new movie is being filmed in town and they are casting actors, but are looking for a specific kind of applicant. The board you create will be used as a visual picture of who you are and what makes you unique. They are also interested in your future hopes and what you expect to be like as an adult. In this activity, spend some time thinking about yourself as you are now. What are your strengths, likes, dislikes, favorite activities, and future goals?

<div data-bbox="456 751 691 848" style="border: 1px solid black; padding: 5px; margin-bottom: 10px;">This is Me Now</div>	<div data-bbox="813 751 1157 848" style="border: 1px solid black; padding: 5px; margin-bottom: 10px;">This is Me in the Future</div>
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1. Fold your sheet of paper in half, on the left write "This is Me Now" and on the right write "This is Me in the Future."
2. Use magazine images, personal images, or online images, to compile a collage that represents your best qualities, your special skills, physical traits, activities or achievements. What is important to you?
3. On the right side, create a collage of the future you want to have. include your dreams of education, career, home, family, travel, possessions. What is important in your future?
4. **Parents:** you do the same! With your teen as the subject. Imagine you are their agent making the acting pitch on their behalf. How do you see them now, and what do you dream for their future?

Spend adequate time on this – 30-45 minutes. Then bring the collages with you to the workshop!