Activity: My Inside Outside Bag

eluna
RESOURCE CENTER

Objective

Youth will identify the hopes, goals, values, and relationships they want to prioritize as they move through their grief, while also recognizing the challenging thoughts, big feelings, unfinished business, and unhealthy habits that can create barriers to their progression. Through this activity, youth will explore the importance of expressing and addressing what they carry inside so they can more fully engage in the life they want to build.



Instructions

- Encourage youth to decorate the outside of the bag with goals, hopes, values, and meaningful relationships that describe the life they want to continue building.
- Then, youth will write down and place inside the bag the things that may get in the way of those hopes and goals. This could be big feelings, difficult thoughts or worries, regrets, unanswered questions, unhealthy habits, etc.
- Invite youth to reflect on how the items inside the bag might impact their ability to reach the goals listed on the outside.
- Discuss the importance of using healthy ways to express emotions, seek support, and address challenges so they do not become barriers to moving forward.

Supplies

- Brown paper bag
- Markers
- Post Its or small papers (10-15/youth)

Considerations

Remind youth that barriers do not mean they cannot achieve their goals. The purpose of this activity is awareness, not judgment. Be prepared for youth to identify challenges that may need additional support. Emphasize that addressing what's on the inside can make it easier to reach the goals on the outside.

Thank you, *Kelly Petersohn, from Camp Erin Online for developing & sharing this activity!*