

# Empowering YOUTH Program



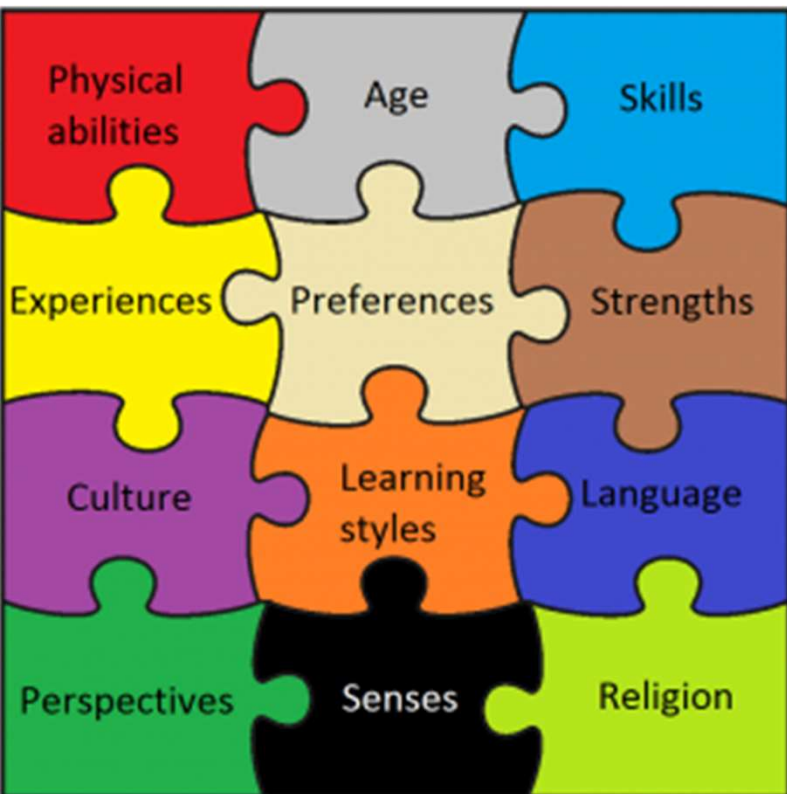
Session 2:

Creating our ideal planet

# Acknowledgement of Country



# Acknowledgement of People with Diverse Abilities



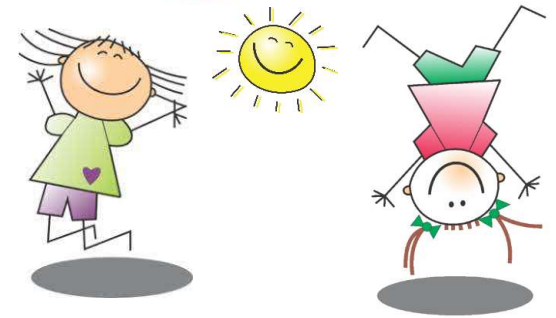
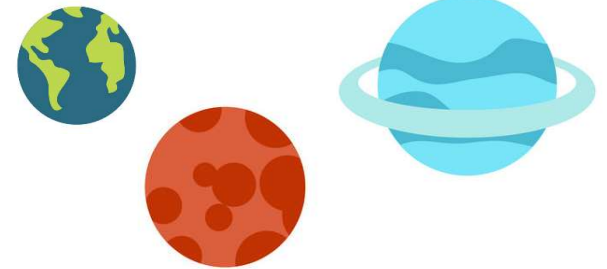
# Program overview

Session 1: Coming together & celebrating our diversity

Session 2: Creating our ideal planet

Session 3: Feeling good & living well

Session 4: Celebrating our achievements





# Overview of Session 2

1. Favourite animal
2. Bouncy ball 'favourite things' activity
3. 'ALL about me' activity - option to share
4. 'Design' your ideal planet & its inhabitants
5. Share your planet with the group
6. Session reflection



# Don't forget ...



## Quiet Zone



## Right to Pass

## Sensory Items



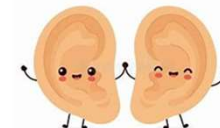
## Sensitive Ears

**We have lots of sensitive ears.**

Some of us can be overwhelmed by sudden noises, loud noises, and crunchy scratchy noises.

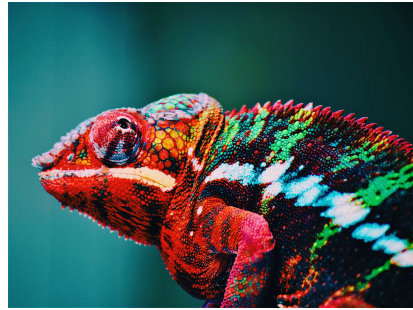
Please remember to:

1. Turn your phone to silent.
2. Do your hole punching at the 2 nominated hole punching stations.
3. Try not to bang objects around.
4. Prevent doors from slamming.
5. Remove food from crackly packaging in the kitchen.



Thank you 😊

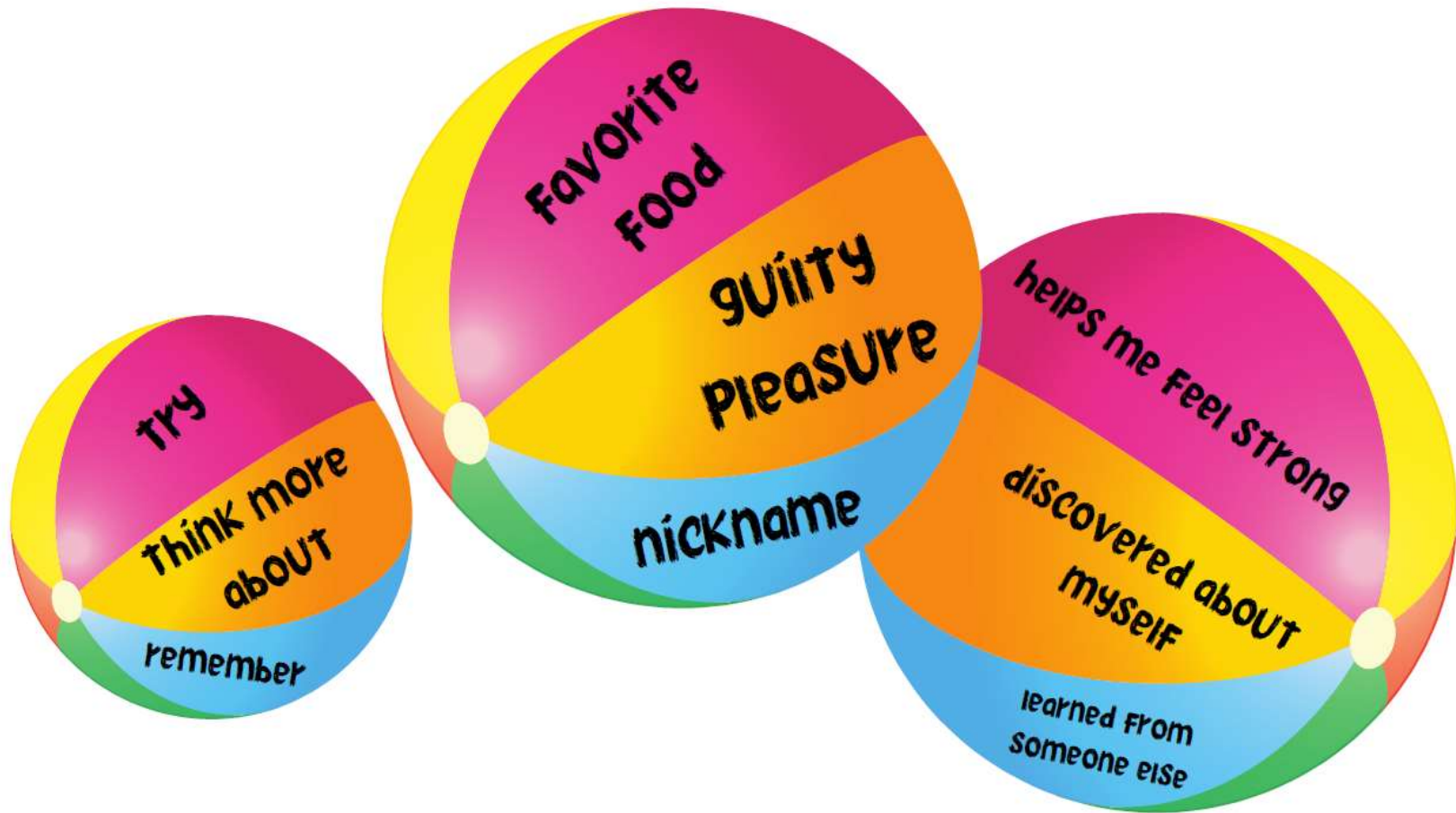
# Draw your favourite animal



1. Draw a picture of your favourite animal picture

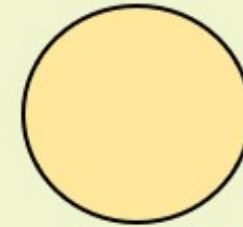
2. Share with the group what animal you picked and why

# "Bouncy BALL" activity





# Feelings check-in: How are you feeling?



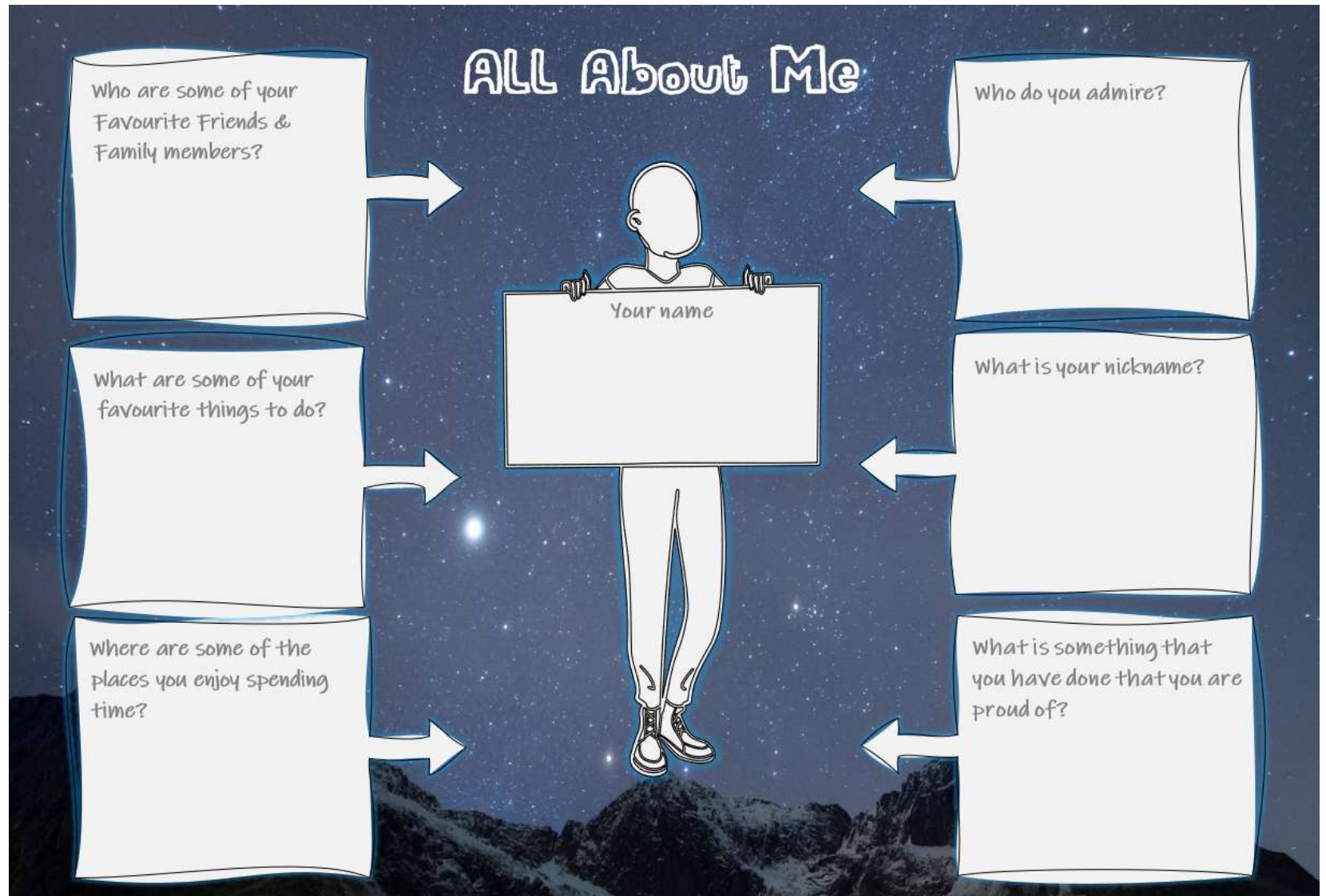
Draw your own  
or choose one  
from below.





Option  
to share

"ALL  
about  
ME"



<https://www.youtube.com/watch?v=sTJ7AzBIJol>

SUNSCREEN



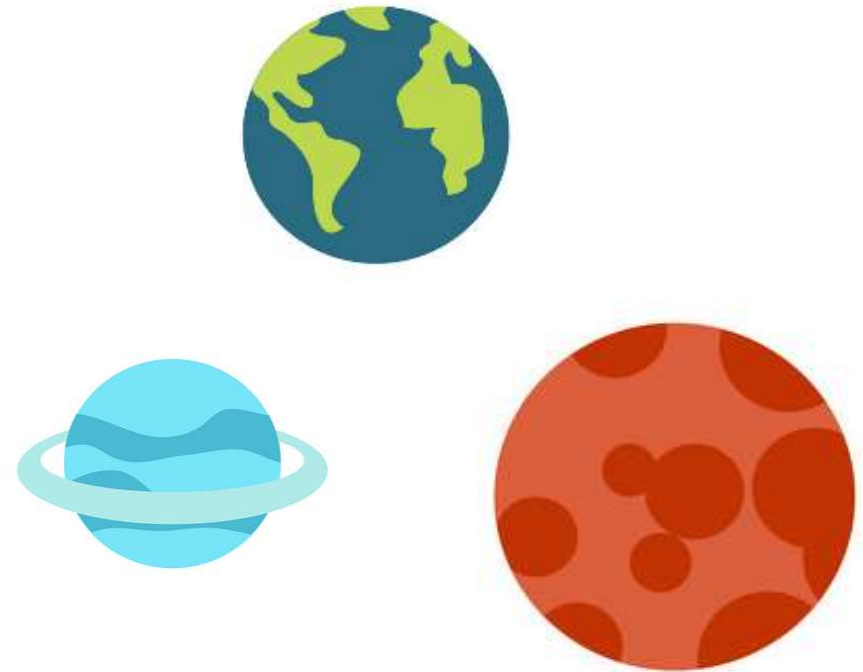
BUZ LUHRMANN  
EVERYBODY'S FAVORITE TV BREAK SUNSCREEN



SNACK



# 'Design' your ideal planet and its inhabitants



Think of YOUR planet as 'utopia' - the perfect place for YOU to live or visit....



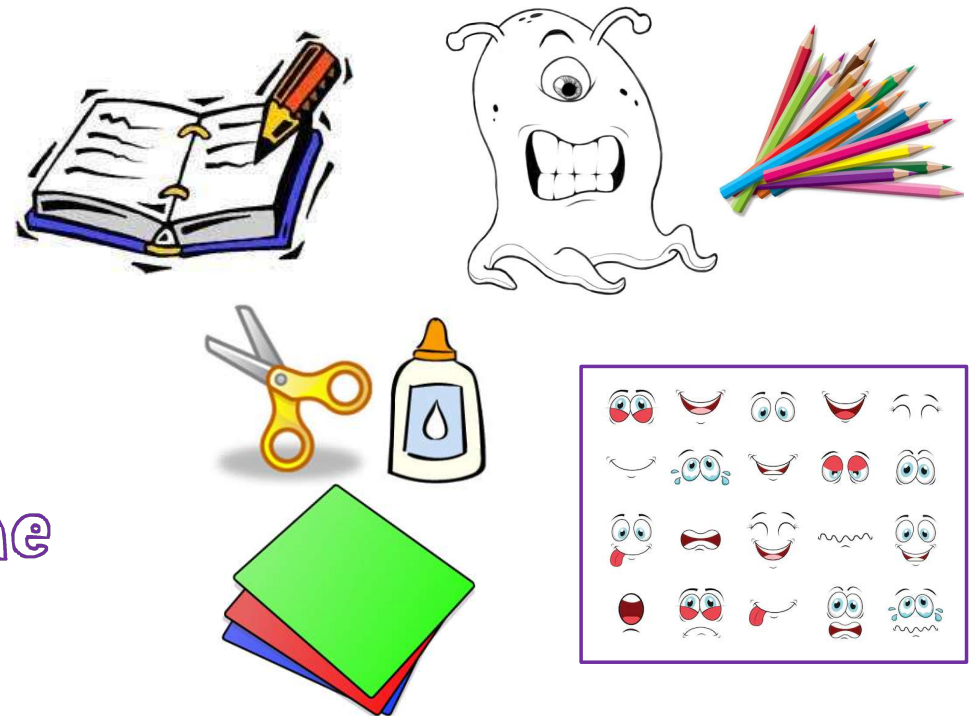




# 'Design' your ideal planet & its inhabitants

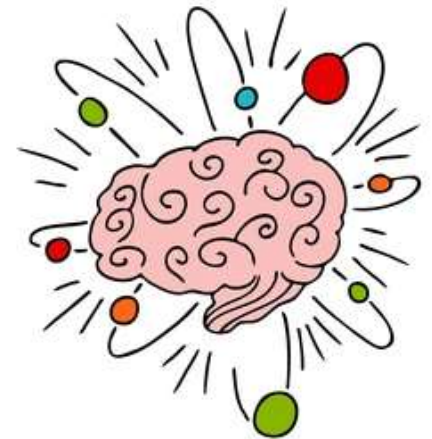
We will use our workbooks, or the A3 sheets of paper, to 'design' the planets in 2D. You might like to:

- Write a story
- Draw a picture
- Cut & paste images
- Use stickers
- Do any combination of the above!



# 'Design' your ideal planet & its inhabitants

- We have Lots of prompt questions to spark your imagination.
- You don't need to consider ALL of the questions when you are 'designing' - just the ones that interest you!
- Remember you are designing your ideal planet - the type of place you would love to live or visit. Maybe in ways that includes things from earth.



Let's talk through the prompts ...

# What does the planet Look Like?

## What is the Landscape Like?

- Is there vegetation? What does it Look Like?
- Are there trees, plants, flowers or fruits?
- Are there mountains, hills or valleys?
- Are there Lakes, rivers & oceans?
- What is it made of?
- What is the ground Like?
- What colours can you see?



# What does the planet Look Like?

## What does the sky Look Like?

- What can you see when you Look to the sky?
- What colour is the sky? Are there clouds?
- Are there stars?
- Are there moons?
- Are there suns?

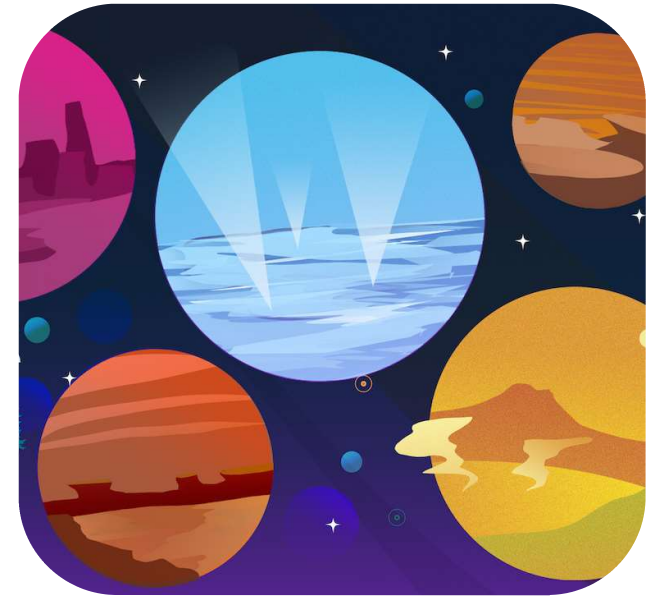




# What does the planet Look Like?

## How does the planet change?

- Is there day and night?
- Do the seasons change?
- Does the Landscape & weather change with the seasons?



## What is the atmosphere Like?

- Is their air? Can you breath it?



# What does the planet feel Like?



## What is the weather Like?

- Is the temperature hot or cold?
- Does it rain? Is there fog? Are there storms?



## How does it feel to Live there?

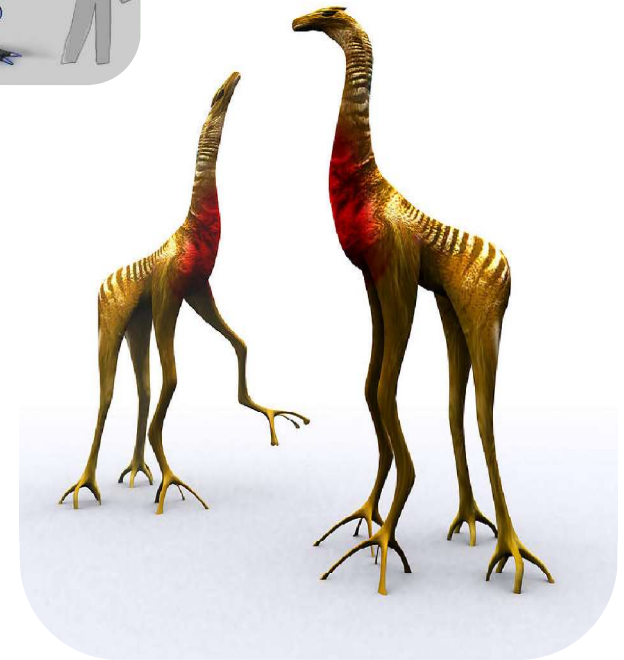
- What textures are there on your planet? Is it rough or smooth? Does it feel soft or spikey?
- Is the gravity really strong or do you feel light as a feather?



# Who inhabits the planet?

## Who Lives on the planet?

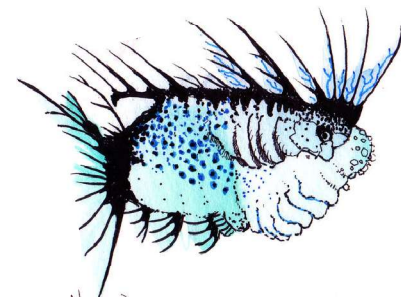
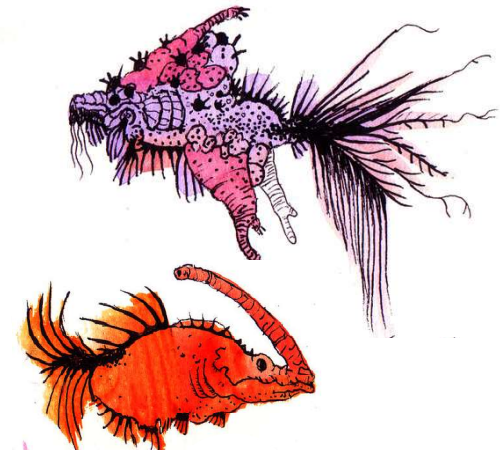
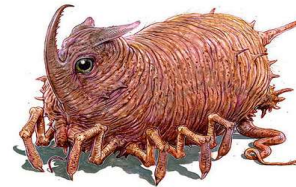
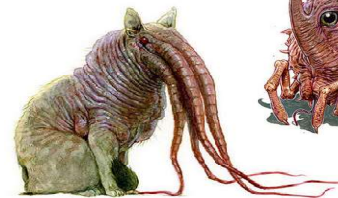
- Is there a dominant species?
- What do they Look Like?
- Do they need to eat?
- What do they eat?
- How do they communicate?
- Do they have friends/families?



# What else Lives on the planet?

Are there other Living creatures on the planet?

- Are there animals or marine Life?
- What do they Look Like?
- How do they 'get along' with other Living creatures & the inhabitants?
- Are there species that the inhabitants have for pets?

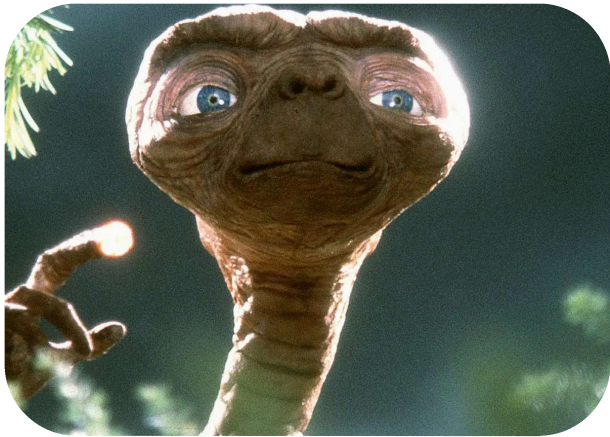




# What is 'society' Like?

## How does everyone/everything get along?

- How do the inhabitants get along with each other?
- Are there rules or Laws? What are they?
- Who is in charge on the planet? Is there a 'government'? How does it work?



# What is 'society' Like?

## What do the inhabitants 'do' on the planet?

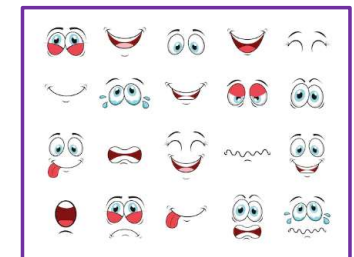
- Do they value being part of a community and helping one another?
- Is there school? Do the inhabitants work?
- What do they do for fun?
- Where do they Live?
- Do they Live in towns and cities?





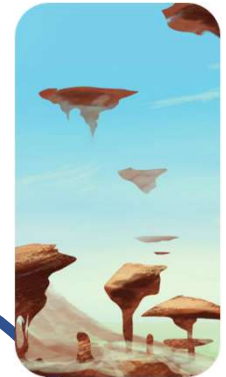
# It's time to get started!

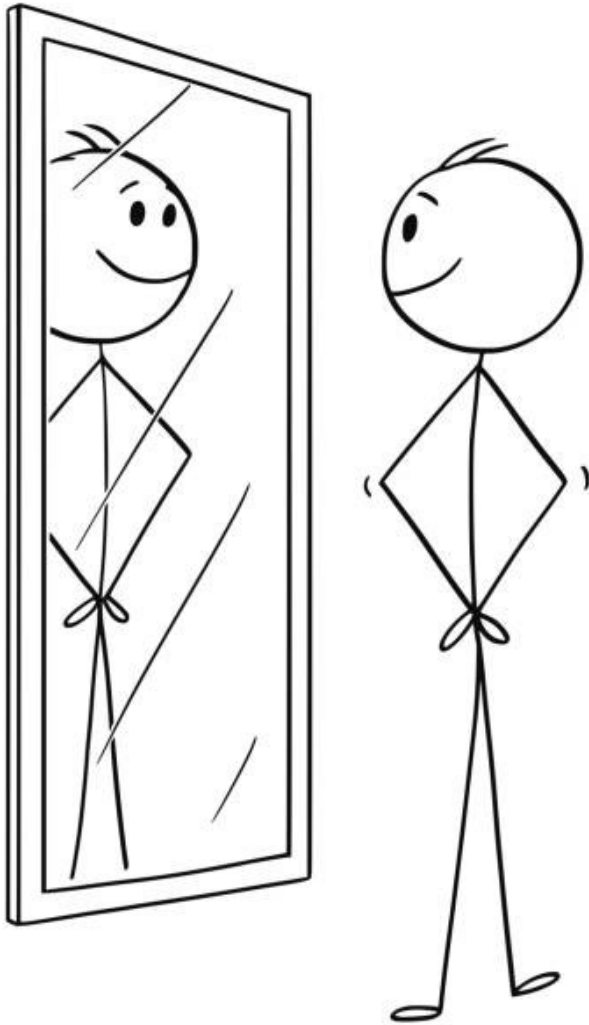
- Write a story
- Draw a picture
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- Do any combination of the above!  
(pages 43 to 50)



- When you are done, use the fomo and other craft items to make a 3D version.

# Share your planet with the group



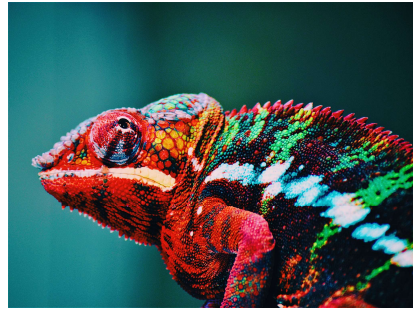


# Session Reflection

"Vote with your  
feet" on each  
activity



# Choose your favourite animal

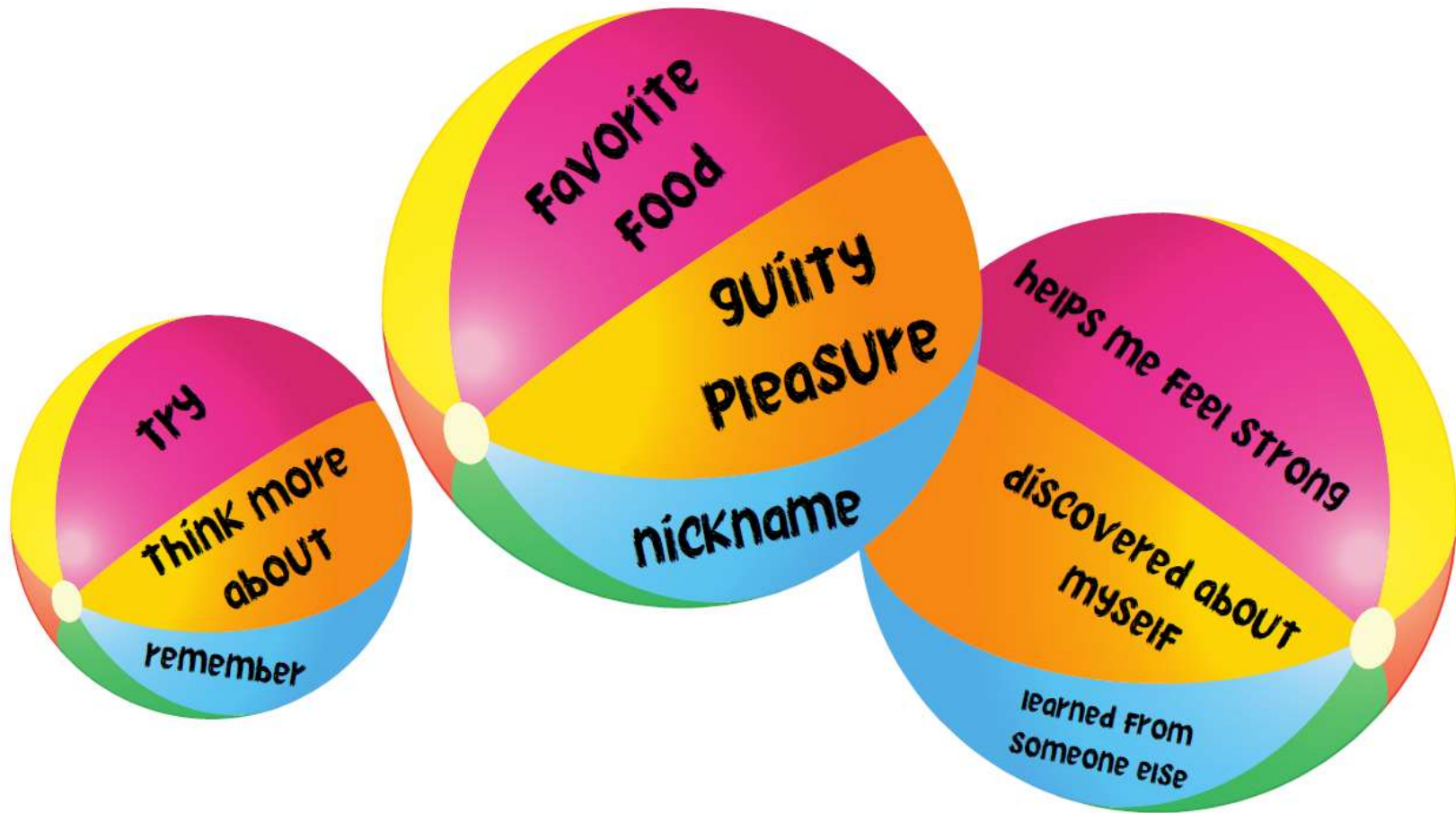


1. Look at the cards and choose your favourite animal picture

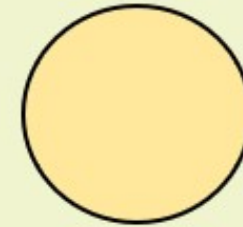
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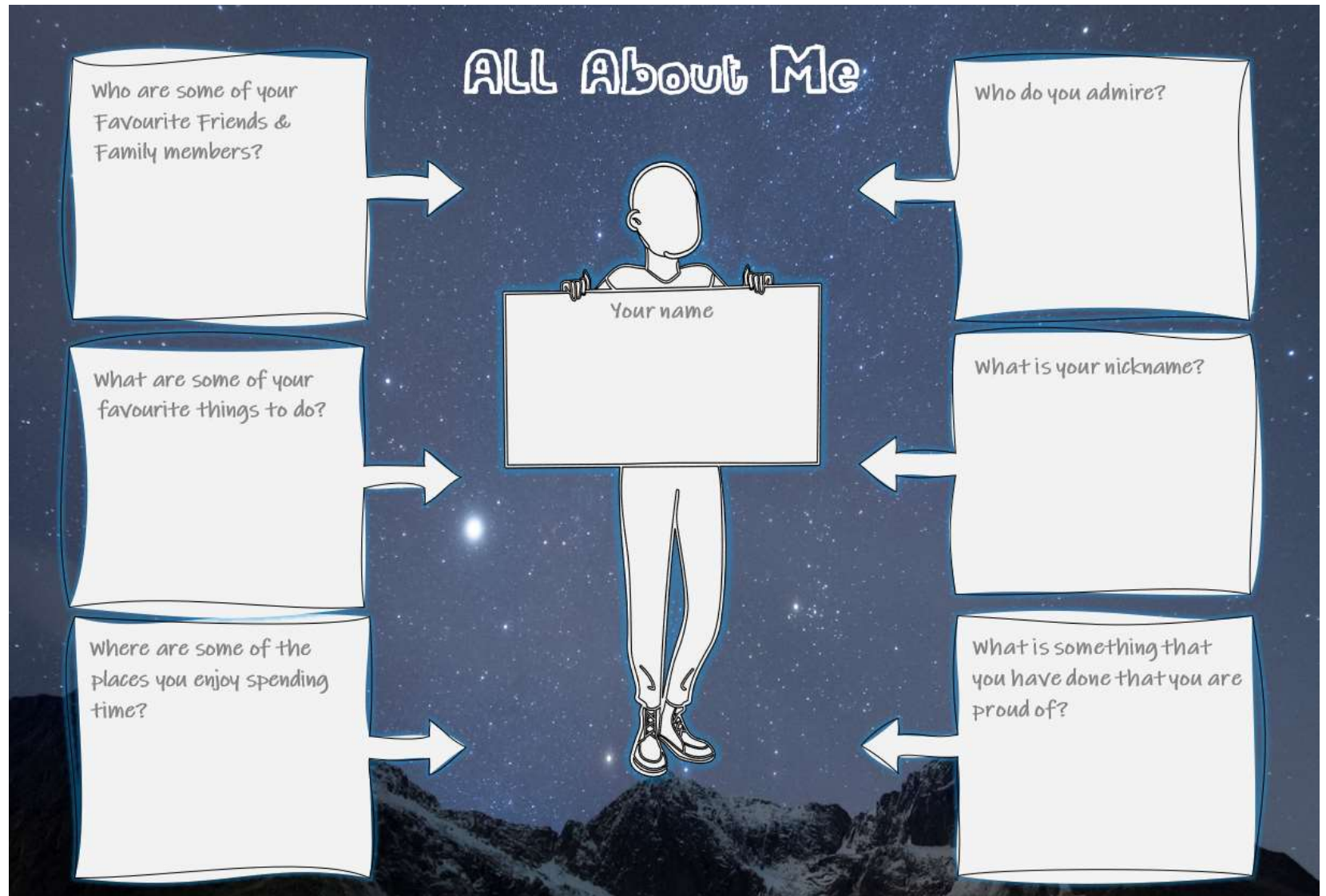


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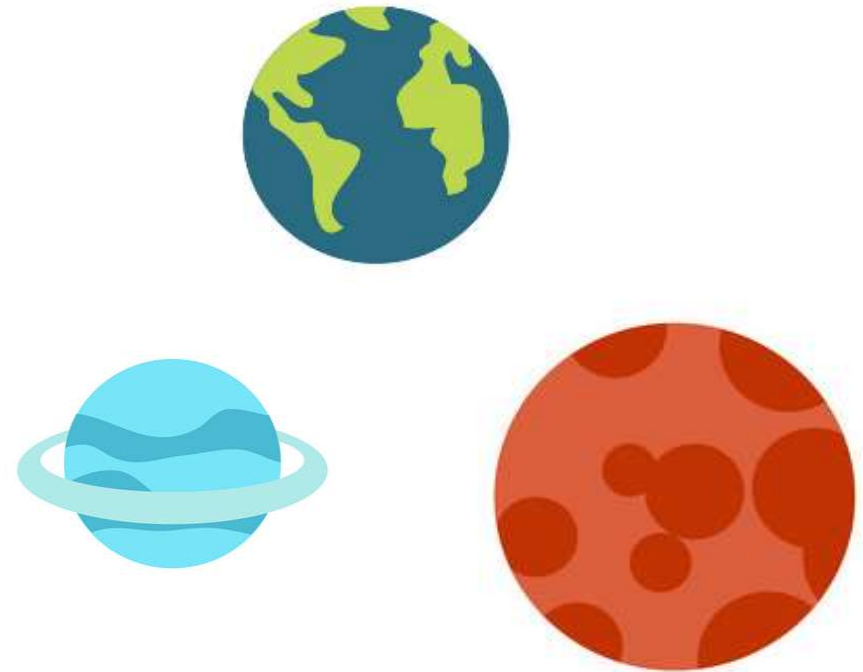


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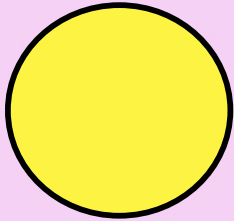




# 'Design' your ideal planet and its inhabitants



Think of YOUR planet as 'utopia' - the perfect place for YOU to live or visit....



1. Draw an emoji which represents how you are feeling right now.



3. What is something we did today that you enjoyed?

2. Write down something fun you plan to do in the next week:



4. What is something new that you have learned?



5. What would you do differently if you were running the program?

Next week ...

Session 3: Living well & feeling good



Learn about mental health, wellbeing and how to self-advocate (e.g. stand up for our rights).