

7-18 year olds



15 minutes

Future steps.

Breaking things down into smaller steps can help us deal with challenges and can help us plan and prepare for the future.

Use the activity below to think about breaking the future down into easy tasks, to help you take it one step at a time.



Think about something you want to work towards, or something that you need to prepare for in the future.

Break it down into steps. You can choose how many steps to break it down into.

Use the footsteps template to write your step in or draw a mini footsteps map on a piece of paper and write your whole journey. You can use this to plan to prepare for the future and guide you.



Reflect on how breaking things down can help you deal with them.

You could also think about the positives of each step, and the challenges you may need to overcome at each step.

The important thing is remembering that preparing for the future can really help us deal with challenges and build resilience.