



Empowered Explorer

Activity #2

In this activity we can see that the language we use can have a big impact on how we see ourselves, how we see the world and how we engage with problems. In groups (or on your own), cut out the following statements and sort them into groups labelled empowered and disempowered.

My actions are able to make a difference

Problems can be solved

The world is an exciting place

Problems will never be solved

Even small act of courage or kindness can help

The world is a terrible place

The world is getting worse

Nothing I do will make a difference

We can create the future we want

The world is not going to change

The world is getting better

There are terrible things happening every day

There are amazing things happening every day

Small acts of courage or kindness don't make a difference





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Once they have been separated into piles, discuss in groups (or with a caregiver) the way each pile makes you feel. Now, looking at the optimistic pile – find a reference or an example that proves these to be true.

References for each card:

Problems can be solved – See activity 1 in Hopeful Heroes activities

The world is an exciting place – find an example of what you get excited about

My actions can make a difference – find an example of something you have done that has helped somebody / something

We can create the future we want – find an example of something you want to do in the future

There are amazing things happening every day – find an example of something good that has happened to you or to a cause you care about – link back to solution seekers

The world is getting better – link back to exercise 1 in Hopeful Heroes activities

These references are just suggestions. Please feel free to use your own creativity to come up with your own wonderful references.



Little Ruffle

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