



## Imagining Your Future Activity Instructions: Table Leaders

### Overview

We will use storytelling to spark students' imagination and get them thinking in a creative way about their future, including whether healthcare is part of that future.

### Goals

- Recognize that there are many different paths life can take
- Describe how other people can play an important role in helping you to figure out your future
- Imagine your future, including what role healthcare may play in your future

### Outline 10:50-12:00

Time	Topic	Speaker
10:50-11:10	Introduce the activity Speaker a + b Overcoming adversity and resilience. A story about something hard that you overcame as a young person	Robert Martinez
<b>11:10-11:25</b>	<b>Table activity 1 – Mapping your life so far</b>	
11:25-11:45	Speaker c + d +e – How'd you get here? A story about someone who inspired or helped you	Robert Martinez
<b>11:45-12:00</b>	<b>Table activity 2 – Imagining your future</b> <b>Optional – kids to come on stage and present their futures to the audience for a prize</b>	

### Instructions

#### Part one

- Use this time to have the students draw a timeline of key events in their lives so far.
- Give about 10 minutes for drawing and writing and 5 minutes for a brief discussion.
- We want students think about important events, both good and bad, but certainly don't want to push them to include anything that they're not comfortable with sharing.
- After 10 minutes, lead the students in a 5 minute group discussion:
  - When you reflect on the important things that happened in your past, did anything surprise you?
  - Everyone goes through challenging times in their lives. What helped you to get through challenging times in the past?



### **Part two**

- Encourage students to come up with 3 very different plans for their lives. This exercise is an important reminder that there is not just one path to life but rather there are many alternatives. Also, the more creativity and ideas we have, the better the solutions will be!
- Use this time to have the students fill out three versions of their future. Give about 10 minutes for drawing and writing, and save about 5-10 minutes for a brief discussion.

Discussion questions for table leaders, part two:

1. What surprised you the most about the futures you designed?
2. What excites you the most?
3. Who is one person you know who likes their job who you can interview to find out more about what they do?
4. What questions would you want to ask that person?