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EXPLORING BELONGING + IDENTITY MINDFULNESS ACTIVITY SUPPORT PACK





EXPLORING BELONGING & IDENTITY

It has never been more vital that we support the mental wellbeing and development of the young people in our care, and we can do this by making them feel seen and heard.

THE BEST WAY TO APPROACH THIS IS TO MAKE YOUTH FEEL SAFE IN ORDER FOR POSITIVE ACTION TO TAKE PLACE.

These worksheets are here to support your communication with those in your care, and to help you explore these topical issues of safety, self-awareness and mental health.



DISCUSSION PROMPTS ~ OPTIONAL: INCLUDE WRITING AS A PART OF THIS ACTIVITY TOO:

Benefits: Supports meaningful discussions and a deeper understanding of how the young people in your care perceive their identity and sense of belonging—while also giving youth a safe, supported space to explore and express who they are.

- “Can you think of a time when you felt like you really belonged? What made that moment feel good?”
- “What kind of person do you want to be known as?”
- “Do you ever feel pressure to act a certain way to fit in? What would happen if you didn’t?”
- “What kind of people make you feel most like yourself?”

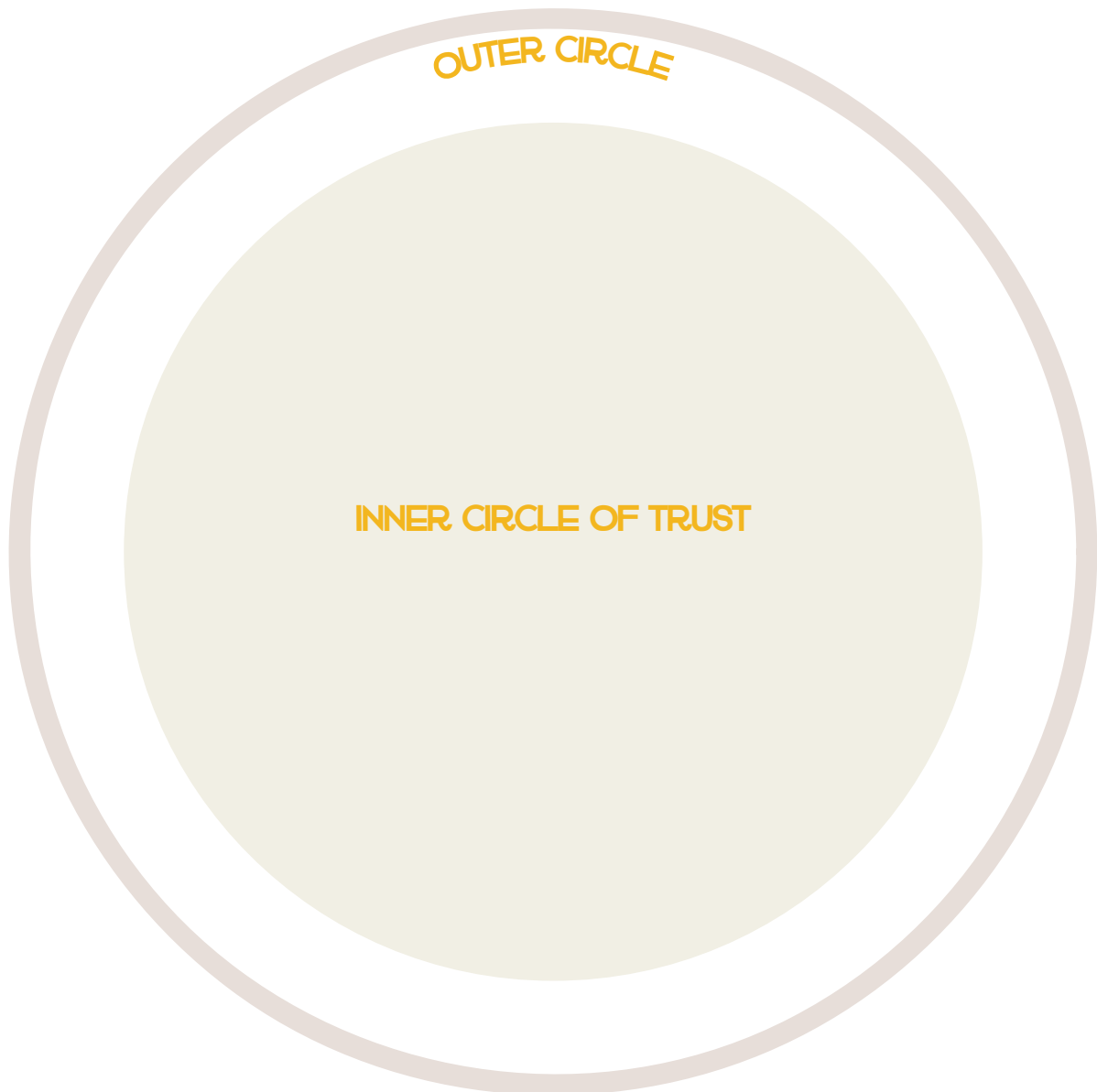


MY CIRCLE OF TRUST

This worksheet is designed to help you reflect on who you trust in your life. Write the names of those you trust the most in the inner circle (vanilla-coloured), while those you trust less—or not at all—can be written in the outer white circle.

WHY IT MATTERS:

This activity helps you understand who you trust and why—so you can feel more confident in your relationships and know where to set boundaries that protect your wellbeing.



HERE



HOW I SEE MYSELF & HOW OTHERS SEE ME

This worksheet is here to help you think about how you see yourself and how you think others might see you. For example, you might think of yourself as a bit boring or not that interesting — but in reality, others could see you as super chill, creative, or even one of the coolest people they know.

Another example: Maybe you see yourself as quiet and shy, while others see you as a great listener and someone they feel safe around.

WHY IT MATTERS:

Sometimes we're our own harshest critics. This activity can help you notice your strengths, understand how others value you, and start seeing yourself in a more balanced, confident way.

HOW I SEE MYSELF

HOW OTHERS SEE ME

HERE