**SOCIAL LITERACY EXERCISE FORMAT**

1. Module (title and number):
2. Exercise name: **Dream mapping**
3. Purpose: Understand a basic understanding of formulating a goal and strengths assessment
4. Duration/Time frame: 15-20 minutes
5. Participants: n.a. (youth, adults, public staff)
6. Group size: small group (8-12 members)
7. Material: paper, pencil, colored pens
8. Methods: learning by doing, discussion
9. Description:
* Think about the area in which you want to sedign/achieve a goal. It could be your work place, personal life, financial independence, education, etc.
* Draw a map to your dream
* Instruct the class that they need not be artists to do this exercise. Some may Some may want touse a time-line approach and words. Some may want to draw simple sketches of the steps along the way to their hopes and dreams.
* After the completition of the task, discussion follows – How did exercise work for you? Were you be able to choose the goal? Was drawing easy/hard?

There are many different methods to approaching goals. Each individual learns

differently and taps into their creativity using different styles. It is recommended that trainer poses group dynamics skills

1. Advice for Trainer:

Encourage the participants to take an active role creating and setting their own targets and finding a way to realization. Trainer is skilled in group dynamics and small group work.

1. Source/Literature: Originated by CASRA (Extracted from). 2002. Introduction to Psychosocial Rehabilitation.
2. Handouts: /
3. Contributor (partner): Integra Institute (Sonja Bercko, psychosinthesis th. and NLP spec. practitioner)