

# Build My Future

Improving health and well-being for a better future for our young people

in association with  
My Future My Choice



a GE Foundation programme

# Health, wellbeing & aspirations. Previously -

- 2008 **My Future My Choice:** exploring jobs and skills
- 2009 **Vision My Future:** emotional intelligence
- 2011 **Design My Break:** Olympic-themed competition exploring healthy eating, physical activity & positive mental attitude
- 2012/13 **Aspiring Minds:** perform at your best, goal setting & teamwork with Dame Kelly Holmes Legacy Trust
- 2013 **Build My Future**

Target audience: 9-14 year olds  
"Turn this vulnerable age into an age of opportunity" Unicef

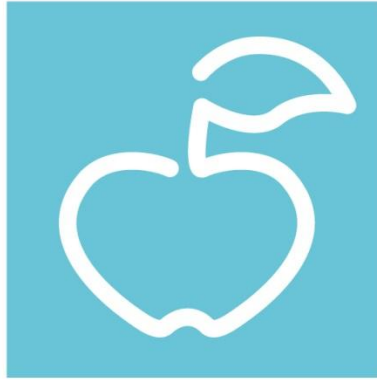
# Four elements of a rounded person

Expertise



Skills  
Qualifications

Health



Physical fitness  
Emotional fitness

Socialising



Teamwork  
Broad interests

Citizenship



Community &  
Environmental  
Awareness

*Supporting young people to future prosperity, happiness and fulfillment. Ready to take their place in society*



imagination at work

# Build My Future: 3 parts

## Day-long event for 13-year olds (Year 9)

1. **Play card game:** each team of six students creates character combining four elements of positive future  
(1 Volunteer per team. Approx 60 students total)



2. **Build puppet:** bring character 'to life'  
Each student has a role: build, script, decorate, operate



3. **Presentations:** respond to scenarios  
Two students and volunteer from each group



# Card game

Expertise



Health



Socialising



Citizenship



- Fast, interactive activity for six students and GE volunteer
- Part decision making and part chance
- Focusing on balancing four important elements for success
- Players build scores and accumulate life events for a character from age 13 to 25
- An element of competition and collaboration
- Duration - c.90 minutes



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# Puppet making

- Students use range of skills to build, script, decorate and operate
- Constructed from ready-made templates
- Personalised with colour, made artefacts and drawn elements
- Semi scripted with the ability to think and speak in role
- Duration c.60 minutes



Early prototype test

# Role of GE Volunteers

## Set up and introductions

- Deliver GE overview
- Participate in icebreaker

## Facilitate activities

- Manage timekeeping and rules for the card game
- Oversee division of labour and team rehearsal for puppet

## Performance

- Choose which volunteer/team gets which scenario
- Question your group
- Arrange filming of team's performance e.g. room set up, video camera etc

## Awards

- Adjudicate. Ensure team follows rules

# Desired programme outcomes

Young people are:

1. Aware of the importance of balancing the four elements for achieving success in life
2. Healthier - have greater well being and improved self perception
3. Able to vision their future and goals
4. Participating in outside club membership and activity
5. Developing skills for life and employability





# Extension activities (examples)

Emotional Health	Vision My Future
Skills for Life	My Future My Choice
Socialising	Stretch, Challenge and Excite
Physical Health	Design My Break workshops
Skills and Expertise	GE business based science programmes including Get SET for girls, Project Pig, Forces in Motion Opportunity for further development
Citizenship	Partner with additional charity for young people to build own social enterprise – opportunity for further development





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