

What Can I Do?

This activity is designed to give you a chance to share something that is happening for you that you might be finding difficult or uncomfortable. You can do this anonymously but can get support and advice on what might help.

Please use the following slips to write something that you are finding difficult or would appreciate some advice and support with. Take a look at the example below.

I have fallen out with my best friend and she won't talk to me any more.

I worked really hard on my maths test but was disappointed by the results.

My dog died at the weekend.

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- Please cut out the completed slips, fold them and put them in a container.
- Take turns picking out a slip, read it out and then as a group, discuss it and offer advice and suggestions. If you select your own and would prefer not to read it out, fold it back up and put it back in the container.
- If you know who has written the slip, please do not share this and keep the information confidential.

This resource is provided for informational and educational purposes only. As far as possible, the contents of this resource are reflective of professional research at the time of writing. This resource is not intended to be used to replace professional training or advice. This resource refers to activities which may require supervision and an adequate risk assessment. If you require advice, you should contact a suitably qualified professional.