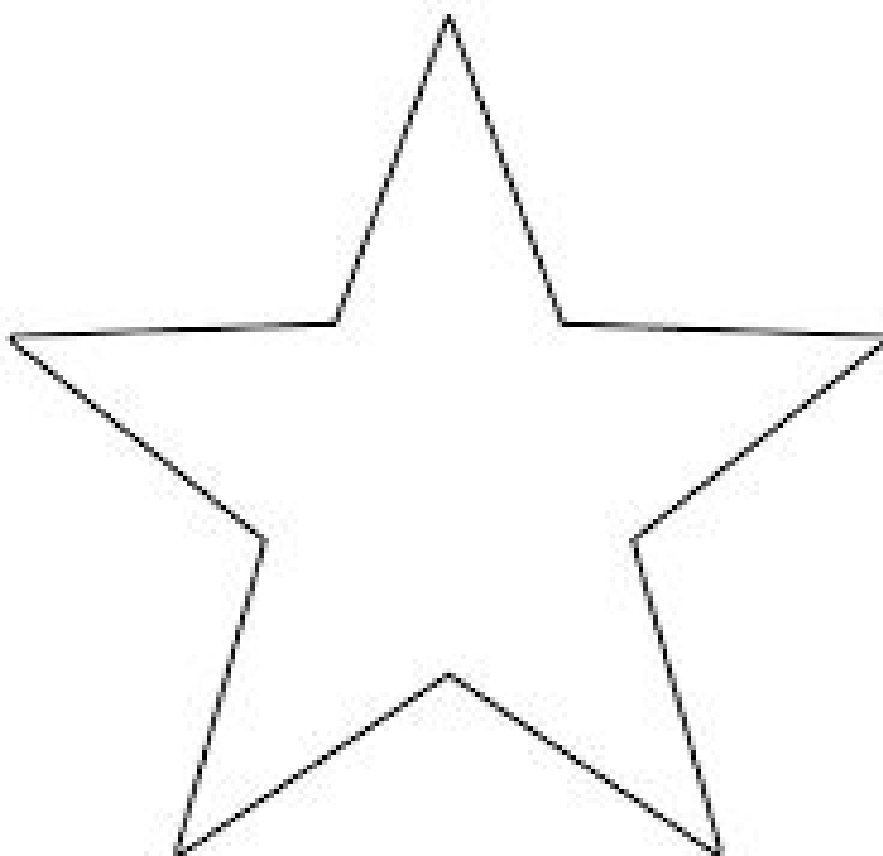


Strengths, Hopes, and Dreams

Siblings of people with a learning disability may not feel able to share their strengths, hopes or dreams for the future. It's important to give them space to explore what they would like for the future and to think about what makes them amazing now! These activities are fun ways to start thinking about strengths, hopes, and dreams with your child.

I'm a star

Print off a template of a star. Sit with your child and encourage them to think about times they were proud of themselves and qualities they love about themselves. Get them to write or draw these in the star. As they do this, you could also fill in a star with times when you were proud of them or qualities you love about them. If this exercise proves too challenging, try making a star for each other and spend time with your child sharing the things they do that are great – try not to focus only on their relationship to their sibling, but also the things they are and do outside of this.



My Hopes and Dreams

Use this sheet as a support to conversations about your child's hopes and dreams.

My Hopes & Dreams

Date: _____

My hopes and dreams for myself and my brother or sister!

1

My dreams for myself are...



2

My hopes for my brother or sister are...



3

Any other hopes or dreams...