

TOOL 2 - DREAMS

Module: VISION Worksheet

Objectives:

Naming and identifying dreams.
Sharing dreams with others.
Discovering values and inner drive.

Materials required:

Flip over chart
Sticky tags
Markers
Books and pencils
White stickers

Step by step facilitation instructions:

- Co-leaders do a demo in front of the room, name two dreams each and write them down.
- Instruct the participants to do the same.
- Mingle two and two, one **new** dream per person, write only their own dream in their book.
- No limits, no physical, geographical, economical nor physiological limits.
- Mingle with everyone.
- Read out loud their lists.
- Select a top 3 of their dreams and read out loud.
- Adding a concrete date for all dreams, either when they want it to be fulfilled, or started and read out loud
- Ask them to find a common denominator, a word that combines the top three dreams.
- Write the word on a sticker and attach to the sweater.
- Lead a brainstorming of feelings that they know and feelings they associate with living their dreams.
- Write a sentence combining the three elements: top1 dream, common denominator and feeling associated with living the dream.
- Debrief of their experience.

Expected duration

65 minutes

Expected outcomes

Defined dreams.
A clearer direction and vision.
Realization of important values.
The participants get to know each other in a new way.
Realization of connections in their own life.

Autism-specific adaptations

Structured instructions and predictable flow - Flexible timing and reduced cognitive load. Environmental adjustments to minimise sensory stress.

VISUAL AND WRITTEN SUPPORT		
TYPICAL WORDS/EMOJIS TO DESCRIBE FEELINGS AND EMOTIONS		
🙄 “Negative” emotions	😊 “Positive” emotions	😬 Mixed emotions
• Sadness • Anger • Fear • Anxiety • Guilt • Shame • Jealousy	• Joy • Love • Excitement • Gratitude • Pride • Contentment	• Surprise • Confusion • Curiosity • Nostalgia • Relief
CHECKLIST • How many participants: • What worked and why: • What did not work as planned: • Number of participants who engaged: • Step 1 completed: • Step 2 completed: • Step 3 completed: • Debrief completed:		