

TOOL 6 - PERSPECTIVE/BALANCE

Module: IDENTITY Worksheet

Objectives:

Awareness of different perspectives.
Practice choosing from multiple perspectives.
Experience the different feelings the different perspectives create.
Awareness of the current perspective towards life.
Awareness that they can change their perspective.

Materials required:

6-8 perspectives printed out in A4 papers
Theme printed out in A4 paper
Tape
Books and pencils

Step by step facilitation instructions:

- Before the participants enter the room:
- Tape a cross on the floor with 6-8 pockets in between.
- Add one printed perspective in each pocket, either 6 or 8. Alternate optimistic/pessimistic perspective.
- Inform the participants about what this represents and how they will carry out the next steps.
- Ask them to visit each perspective noticing what it's like to stand in each separate perspective.
- Choosing the one that's most true for them and explain why.
- Choosing the one that's least true for them and explain why.
- Ask them to choose one perspective that will serve them towards employment.
- Do a debrief of their experience.

Expected duration

55 minutes

Expected outcomes

Knowing that it is possible to choose different perspectives through which to view yourself and the world.
Seeing there are many truths.
Participants can choose the perspective (the "glasses") they want to use when looking at the world.
Increase flexibility and problem-solving skills.

Autism-specific adaptations

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

VISUAL AND WRITTEN SUPPORT		
🙄 “Negative” emotions • Sadness • Anger • Fear • Anxiety • Guilt • Shame • Jealousy	😊 “Positive” emotions • Joy • Love • Excitement • Gratitude • Pride • Contentment	😬 Mixed emotions • Surprise • Confusion • Curiosity • Nostalgia • Relief

THE CONSTELLATION OF A THEME AND THE 6-8 DIFFERENT PERSPECTIVES



THE THEME + 6-8 DIFFERENT PERSPECTIVES READY FOR PRINT

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:
- Step 4 completed:
- Debrief completed:

VISUAL SUPPORT

Everyday life is...



Full of demands and expectations



Something you just have to jump into



Frightening



Fun and playful



Taken over by Social Media



Magical

