**‘What makes a good life’**

**Ideas for self-advocacy groups**

**Preparation**

Facilitator make a simple poster about what is important in your life eg - family/house/money/work/pets etc. etc.

**Equipment**

• Whiteboard or flipchart

• Pens

• Prepared A3 poster of the facilitator’s version of ‘What makes a good life’, preferably in bright colours

• A3 paper/card

• Range of magazines and journals that feature jobs, clothes, make-up, hobbies, homes, transport

• Glue and scissors

**Objectives**

To create a discussion about what is important in people’s lives and to list personal preferences about the future.

* This session is designed to elicit responses about the things that are important to everyone, e.g. friends, relationships, family, hobbies, interests etc.
* The session also explores what else we need for a good quality of life, such as good health, rights, education and transport.

1. **Exercise**: make a poster to represent ‘What makes a good life’

This activity helps people to think about the kind of life they want and should lead into discussions about what life ls like now, what’s working and what’s not working.

Divide people into small groups and provide each table with a wide range of magazines, glue, A3 card/paper and pens.

Show them the prepared poster about what makes a good life for you and explain what you have included in it, e.g. a home, car, family, pets, hobbies, holidays, clothes.

Ask people to make their own collage about what is important for them. Once they have done this, get them to share their posters with each other.

**2. Discussion and feedback on posters**

**3. Exercise: What do I need for a good life?**

On a flipchart, draw a circle and divide it into 10 sections (you may want to call it a pizza) and ask the groups to think about what each section should include to make up a good life.

Typical themes begin to emerge, such as friends and relationships, a home, transport, money, work, going out and hobbies.

Record what people say on flipchart paper, take a photo and email this to us at: [equallivesteam@ndti.org.uk](mailto:equallivesteam@ndti.org.uk)