2 Decide What You Want Your Life to Be Like in Ten Years

TRANSITION OBJECTIVE

Students will participate in a visualization activity to focus on the lifestyle they see for themselves in ten years.

RELEVANCE TO SUCCESSFUL TRANSITION

Having a plan for the future begins with being able to picture your future. With this in mind, it is possible to develop strategies and plans to get the future you want. There is no better time than the present for students to begin to focus on their future.

INSTRUCTIONAL SEQUENCE

STEP 1: Update Journal

In ten years I will be . . .

□ STEP 2: Convene Roundtable

"The way I will feel about my life in ten years is _____."

STEP 3: Advance Organizer

"Today you will determine how you want your life to be in ten years."

STEP 4: Activity - 15 Minutes

Before you start the lesson, prepare resources for an art activity: computer art software, clip art, magazines, markers and other art supplies. Start the lesson with guided visualization. Explain that because this unit is about having a happy family life, each student should think about their future family. Begin with a relaxation exercise. "Everyone get into a comfortable position. Close your eyes and breathe deeply." Using examples from the guide **Looking Toward the Future** lead students through the relaxation and imaging exercises.

STEP 5: Activity - 30 Minutes

After the exercise, have the following questions on the board and go over them with the students: "What will I look like? Where will I live? Who will live with me? Where will I work? What will I do with my free time? What are my goals?" Tell students to think about their answers to these questions as they complete the next assignment.

FE MANAGEMENT: Appendix A	UNIT 4: LESSON 2			
Looking Toward the Future				
Guide students through the following breathing e	exercise			
Start by telling students to slowly inhale, pause, ar slowly and in soft tones. Next, tell students, "Begint Starting with your toes: wiggle them then relact. La your legs then let them relax. They now feel heavy now let it relax and takin to the chair. Make a tiggt fingers relax. Your hands feel very heavy. Tense yo Now relax your neck and your face. Imagine all o the to pol your head. Breather in deeply: now etch	o relax all parts of your body, t your feet feel heavy. Tense and reaked. Tense your back, it fist, now let your hands and ur arms and let them fall freely. f your tensions going through			
Repeat the breathing exercise three more times.				
Guide students through the following imaging ex	ercise			
Speak slowly and pause often to give students a c their imagination. "As you relax, picture yourself in Imagine a time with your family when everyone is happiness. Now see yourself standing in front of yo your home look like?" Pause for ten seconds.	a house with your family. happy and smiling. Feel the			
"Walk to the front door. Open the door and walk in your home look like? Walk into your living room. Imo Walk through your house. Look into the kitchen an walk into the bathroom and look in the mirror. How wearing? You are now 27 years old, how do you fe	gine how the furniture looks. d into other rooms. Now do you look? What are you			
"Who lives with you in this home? Walk through the who live there. Greet the family in your home. Feel Pause for ten seconds.				
"Now it is time to come back to the classroom. Tak and then open your eyes when you are ready."	e three very deep breaths			
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Have students create a picture/computer image to show how they will live and what they will be doing in ten years. Circulate through the room encouraging each student. Tell students that they will share their *Me in 10 Years* creation with the class. Give students time to finish the project. Have them share during class or on the following day.

STEP 6: Evaluate Outcomes

In ten years I want my life to be "_____."

STEP 7: Connecting Activity

Talk with a friend or family member about how you see yourself in ten years. Ask them to share their own thoughts about their life ten years from now. Ask what they thought their life would be ten years ago.

KEY WORDS

future	family visualize	children	planning relaxation	responsibility
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MATERIALS AND PREPARATION

- Student Handout: Looking Toward the Future, Appendix A, page A8.
- Prepare for the visualization activity.
- Write questions on the board. Prepare for the art activity with electronic resources and art supplies.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Listening, Speaking
- Thinking Skills: Creative Thinking, Visualizing
- Personal Qualities: Self-Esteem, Self-Management, Integrity/Honesty