FAMILY ACTIVITY: Oh the Places You’ll Go!

In this activity, youth and families will read from "Oh the Places You’ll Go!" and think about their own futures. Youth will identify a goal for their future as well as draw that goal and share it. Having future goals inspires hope for the future which is a powerful resilience factor. (Resilience factors are the things that help us get through and overcome adversity or challenges.) Identifying goals can strengthen youth’s resilience. Then by sharing the goal youth increase their commitment to the goal. Older youth could also break down their goal into steps. By doing this they will strengthen their planning skills and deepen their commitment to achieving their goal as well as increase the likelihood that they will achieve it.

MATERIALS AND INSTRUCTIONS

Materials
- Paper
- Markers, Crayons, or other drawing utensils
- The book “Oh the Places You’ll Go!” or a way to watch the read-aloud video found here.

Instructions
1. Read “Oh the Places You’ll Go”
   a. For younger kids parents can read to them
   b. For older kids, flip the process and they can read aloud to you!
2. Reflect on the meaning of the book and the places that youth will go in the future (suggested questions below)
3. Distribute paper and drawing tools to each person
4. Everyone should choose one of the ‘places they will go’ and draw a picture of it
5. Share your pictures
6. For older kids:
   a. Flip over your pictures
   b. On the back make a list of what step you will need to take to get there
7. Now you have a goal for the future (and a plan to get there)!

QUESTIONS TO EXPLORE

After you read the book:
1. How does that poem make you feel?
2. What do you think "You’re on your own. And you know what you know. And YOU are the guy who’ll decide where to go.” means?
   a. “So be sure when you step. Step with care and great tact”?
   b. “Today is your day! Your mountain is waiting. So... get on your way!”?
3. Where do you want to ‘go’?
   a. What do you want to be doing at the end of the summer?
   b. When you are graduating from 8th grade?
   c. When you are grown up?

After you’ve drawn your picture:
1. What will you need to do to get to the place you drew?
2. What steps will it take?
IDEAS TO INCLUDE YOUNGER SIBLINGS! (ADAPTATIONS FOR 0-5 YEAR OLDS)

- Very young children will be able to contribute to a discussion of family goals and what they may do to support them. Many of the skills older children would apply to this task are still emerging for younger children - such as reading and writing. As you read the story together, consider your own child’s temperament and be aware that their understanding of time is still developing too. If they want to develop an individual (short term) goal, help them document it by writing their ideas down. If you set a family goal that requires interim steps, work on a way to track those steps together in a concrete/visual way so they can see (and celebrate with you) progress that is made along the way.