

Create a Care Package Worksheet

Learning which objects, possessions, and people are essential in someone's life offers a valuable insight into their hopes, wishes, fears, and what makes them happy. Developing that understanding can also lead to increased empathy.

The following example provides an imagined situation that can easily be tailored to the person and their age or background.

The *Creating a Care Package* worksheet includes seven steps and can be used for group sessions:

1. Work in pairs. Person A describes the situation, while person B comes up with the answers.
2. Person A sets the scene for Person B:
 - You have been asked to relocate to a new location, and you can have no involvement in your old life.
 - You are only allowed to take a limited number of possessions (perhaps start at 10).
3. Person A asks person B, *what would you take and why?*
4. Person B write down the items and the reasons.
5. Once complete, both review the list.
 - What are the items and the reasons behind each one?
 - Discuss what each tells you about the other person's values.
6. Swap the roles of Person A and B and repeat the steps above.
7. For an added dimension, try reducing the number of items that can be taken one by one.
 - What are the thoughts behind removing each item from the list?

The *Creating a Care Package* worksheet encourages the use of imagination to develop empathy.

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