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**Creative activity: What the future looks like**

Thinking about the future can help us to focus and think positively. It helps us to learn how to think about and get ready for change.

Draw a picture of you and your family in your community one year from now. What will have changed? What do you hope you will be doing? What will your community look like?

Now draw another picture of you and your family in your community in *many* years time. Maybe now you are the parent with your children. What will have changed now? What do you hope you will be doing? What will your community look like?