

VISUAL NOTES

Practical tools for visualizing and broaching a subject



























The Centre of Expertise for Targeted Youth Work develops outreach youth work and workshop activities nationwide by organizing training sessions and regional networking events and producing material for outreach youth workers and workshops. The Centre of Expertise for Targeted Youth Work is composed of Into, MIELI Mental Health Finland, EHYT Finnish Association for Substance Abuse Prevention and Xamk – Juvenia.

[#outreachyouthwork](#) [#workshops](#)

Name:

Weekly goal:

Date:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Hopeday
							
							
							

#outreachyouthwork
#workshops

SLEEP



FOOD



EXERCISE



SOCIAL RELATIONS



HEALTH



ACTIVITIES

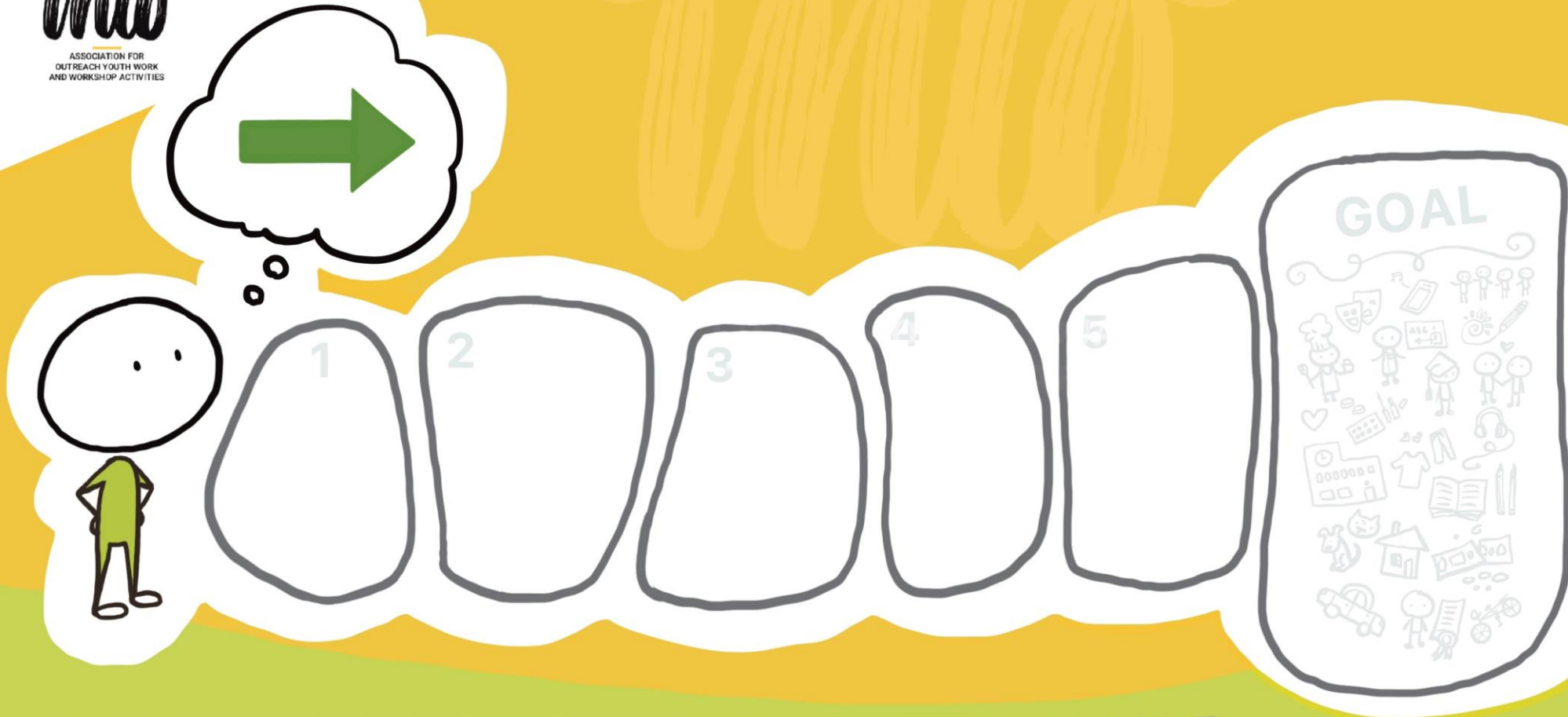


EMOTIONS



HOME





A large empty rectangular box with a dashed line on the right side, intended for notes or a final goal statement.

INSTRUCTIONS: Draw and name the people closest to you. Also draw and name other people you know, friends, meaningful people and others who play some kind of role in your life.

Use different types of lines to describe your relationship with these people.

For example:

Strong, good relationship



Distant or "okay" relationship



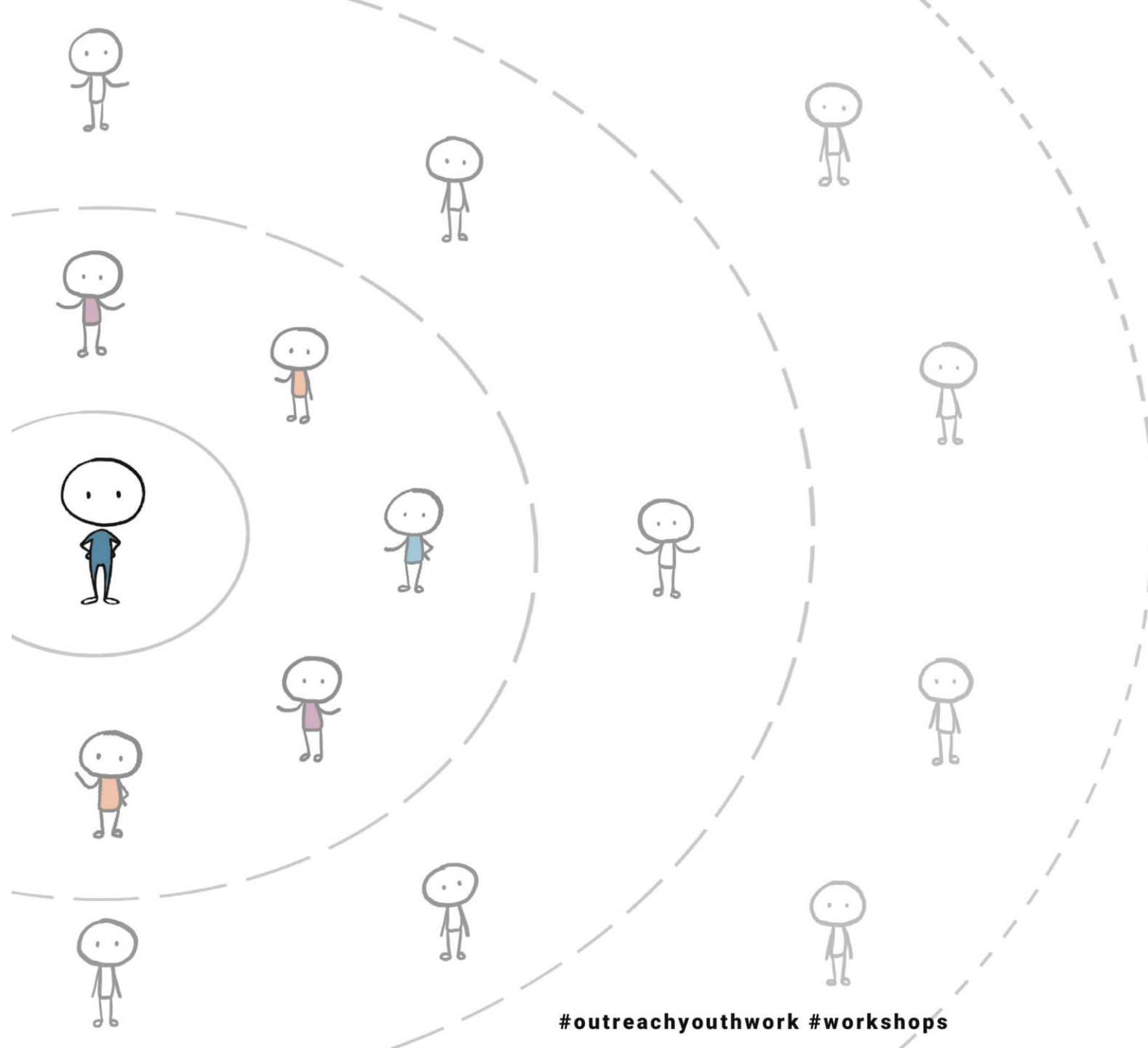
Vague relationship



Quarrelsome relationship



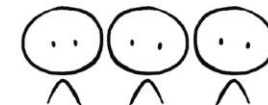
Loving relationship

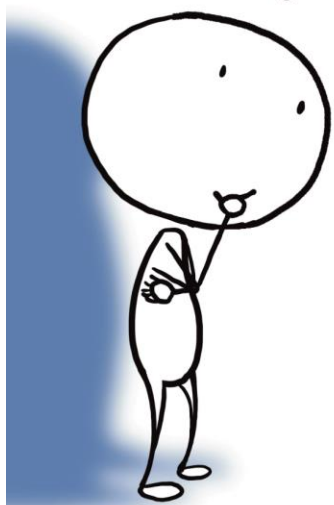




WHO DOES AND WHAT

Instructions: Write down the responsibilities and duties of the people involved, as has been agreed together, in the four fields below. In addition, write down the next time the topic will be discussed again.





Compassionate
Frustrated
Annoyed
Calm
Reflective
Curious
Disapproving
Thrilled
Embarrassed
Bitter
Loving
Reluctant
Concerned
Offended
Trusting
Benevolent
Cautious
Insecure
Determined
Lonely
Powerless
Distressed
Disgusting
Disappointed
Energetic
Inadequate
Threatened
Evasive



My environment! Write or draw places where you go, where you would like to go, where you especially like or dislike to go. Are there places where you would like someone to go with you?

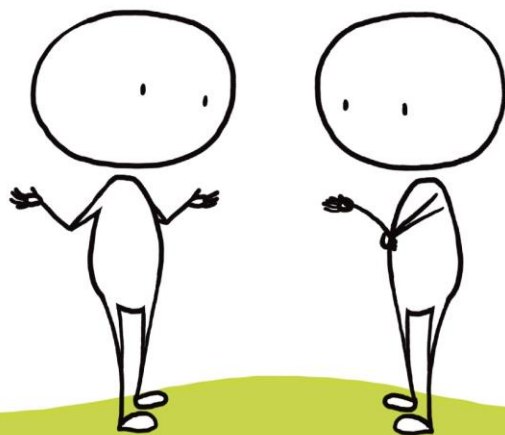


Think about
the future
with an open
mind!



NEXT STEPS	SUPPORT NETWORK
SKILLS AND RESOURCES FOR THE FUTURE	NEXT WEEK? IN ONE MONTH?

What do the next few weeks and months look like? Who will I call if I have a problem?
What skills and resources do I carry with me? What are my next concrete steps?



#outreachyouthwork #workshops

Everyone has a passion for something!

Into – Association for Outreach Youth Work and Workshop Activities

Into helps those working in outreach youth work and workshops to find inspiration and also inspire others. More than 47 000 young people and adults participate in our outreach youth work and workshop activities every year. The young people and adults participating in the services receive support for finding their own path in life. The outreach youth work and workshops offer everyone a chance to create a life that feels like their own.

Contact details:
firstname.surname@intory.fi
www.intory.fi

#outreachyouthwork #workshops