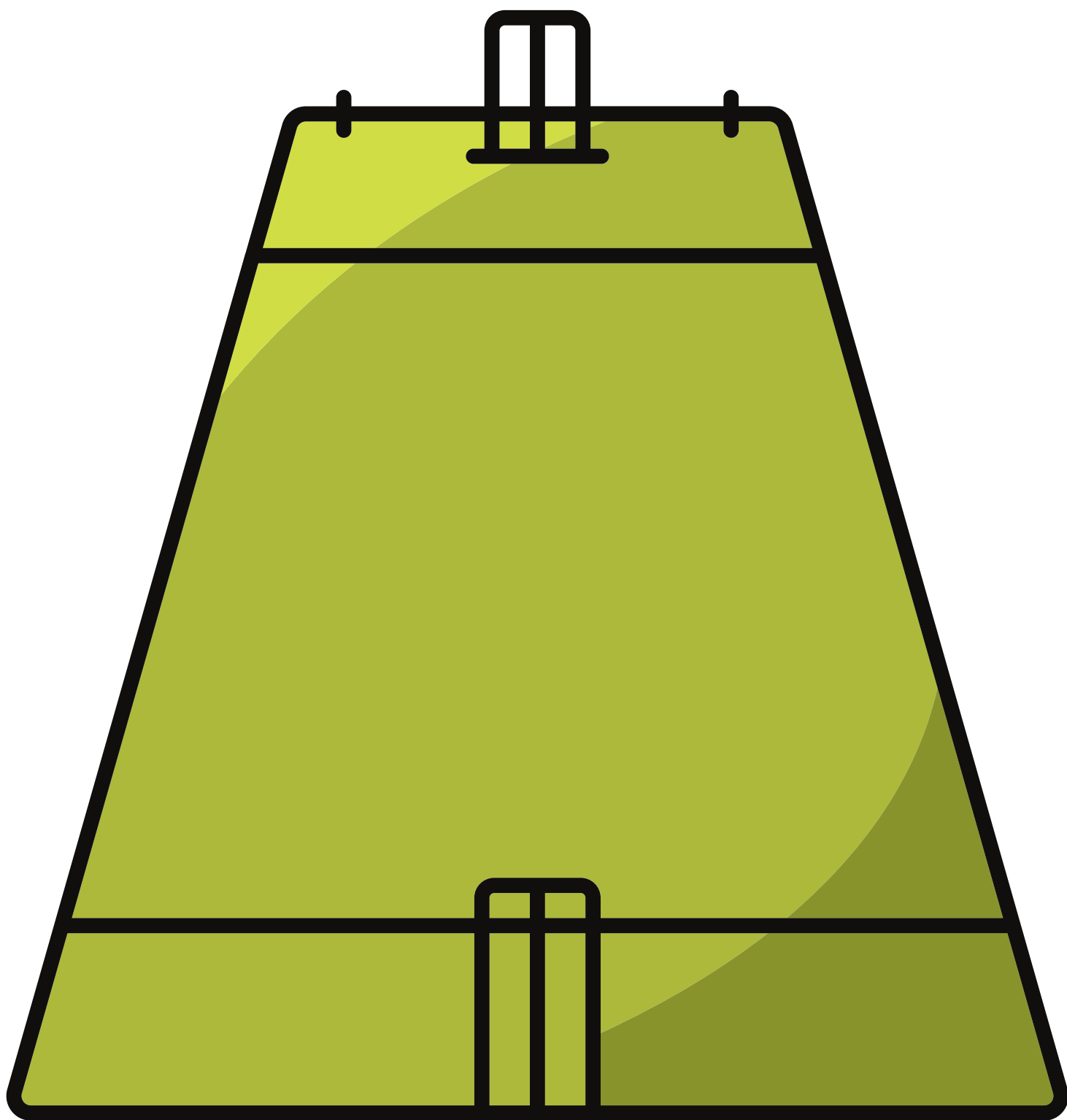
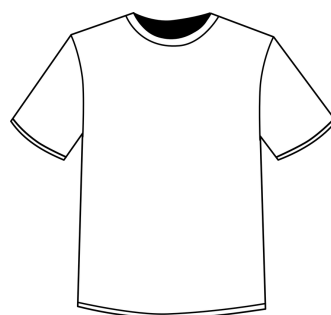
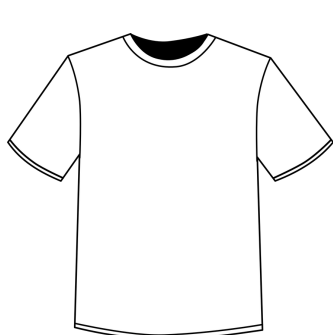
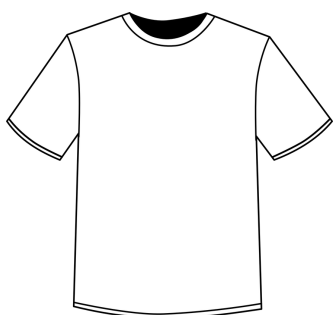
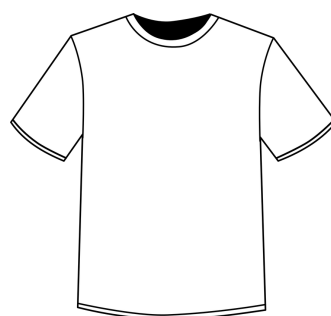
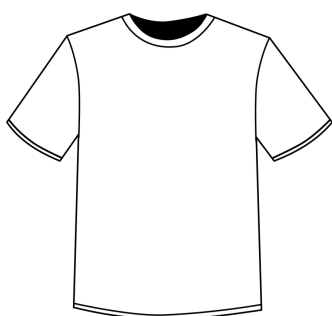
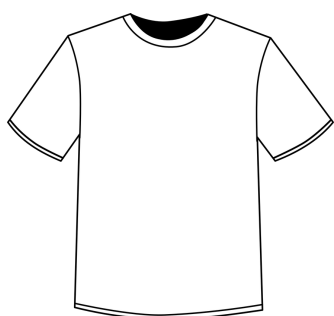
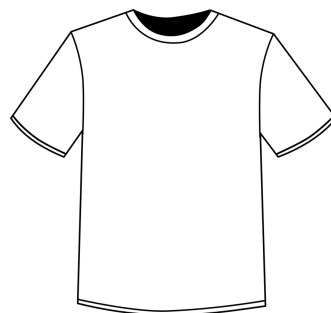
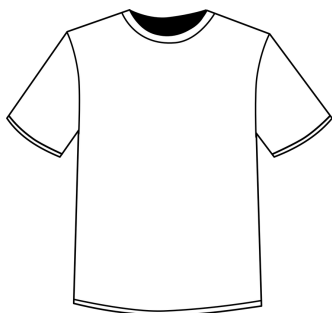
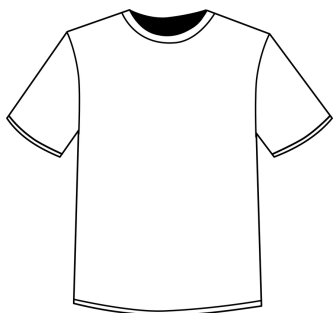
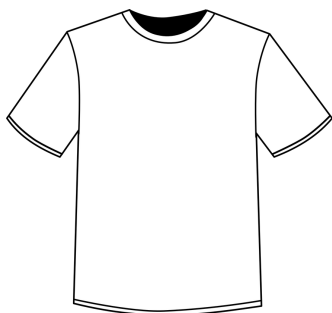




My Squad



How to Use This Activity

You will need:

- A print-out of the football pitch
- A print-out of the team shirts
- Colouring pens or pencils
- Scissors

Steps:

1. Print the football pitch and shirt sheets onto A4 paper.
2. Place the pitch in the centre of the table to help set the scene and make the activity feel grounded.
3. Begin with something light and pressure-free. Ask about their favourite team, player or colours.
4. Invite the young person to colour in the shirts in whatever way feels right for them: their team's colours, a design of their own or simply doodling.
5. As they colour, gently introduce the prompt questions below and explore who each shirt might represent in their life.

Trauma-Informed Tips

- Go at the young person's pace.
- Some will dive straight in, others may need time, silence or a slower warm-up. Follow their lead rather than the structure.
- Acknowledge that relationships can be complicated.
- Talking about people in their life may bring up sadness, grief, conflict or confusion. Let them know this is completely normal.
- Give permission to pause or stop.
- If the activity feels too much, it's absolutely fine to take a break, switch to colouring only or come back to it another day.
- Normalise mixed feelings.
- A relationship can be both supportive and stressful, close and distant. The activity is about exploring, not judging.
- Emphasise choice and control.
- They can choose which shirts to use, who to include, who to leave out and how much they want to share.
- If it doesn't work today, that's okay.
- Not every tool lands every time. The aim is to offer a gentle way in not to force a conversation.

Prompt Question Ideas

Openers (the first two batsmen) People who help you start things, face challenges, or set the tone.

- Who are your “openers”: the people you want beside you when something new begins?
- Who helps you get through the first difficult moments of something?
- Who gives you confidence at the start of your “innings” (school day, new placement, new situation)?

Middle-Order (positions 3–5) Steady, reliable people who help you build, stabilise or keep going.

- Who helps you stay steady when things feel uncertain?
- Who do you turn to when you need support in the middle of things?
- Who helps you build partnerships, people who work well with you?
- Who is your “finisher”, someone who helps you get things done or stay motivated?

Lower-Order - People who aren’t always central but still contribute in important ways.

- Who steps in to help when you least expect it?
- Who isn’t always close, but still plays a part in your life?
- Who supports you in small but meaningful ways?

Wicketkeeper

The person who catches you when things go wrong.

- Who is your wicketkeeper: the person who has your back?
- Who notices when you’re struggling and steps in?
- Who helps you feel safe or grounded?

Fast Bowlers

People who bring intensity, pressure, or big emotions.

- Who feels like a “fast bowler” in your life: someone who comes at you quickly or strongly?
- Who puts you under pressure, even if they don’t mean to?
- Who challenges you in ways that feel hard?

Spin Bowlers

People who confuse, unsettle, or surprise you.

- Who feels like a “spinner” someone who can be unpredictable or hard to read?
- Who sometimes leaves you unsure what’s coming next?
- Who brings mixed feelings or complicated emotions?

All-Rounders

People who help in lots of different ways.

- Who is your all-rounder: someone who supports you in more than one area of your life?
- Who can you rely on for different kinds of help?
- Who shows up for you in flexible or unexpected ways?

Fielding Positions

Inner Ring (close fielders)

People who are close to you day-to-day.

- Who is “close in”: the people who are around you most often?
- Who sees you regularly and knows what’s going on?
- Who steps in quickly when you need help?

Close Catching (slip, gully)

People who notice the small things and catch the details.

- Who pays attention to the little things about you?
- Who notices when something is off, even if you don’t say it?
- Who catches things others might miss?

Outfield (deep fielders)

People who are still part of your world but at more of a distance.

- Who is still in your life but further away?
- Who do you think about sometimes but don’t see often?
- Who would you bring closer if you could?

Optional “Big Picture” Prompts

- Who is your captain: someone who guides or leads you?
- Who is your coach: someone who teaches, encourages, or advises you?
- Who is the crowd: people who influence you from the sidelines (community, online groups, culture)?
- Who is the umpire: someone who helps you make fair decisions or see things clearly?