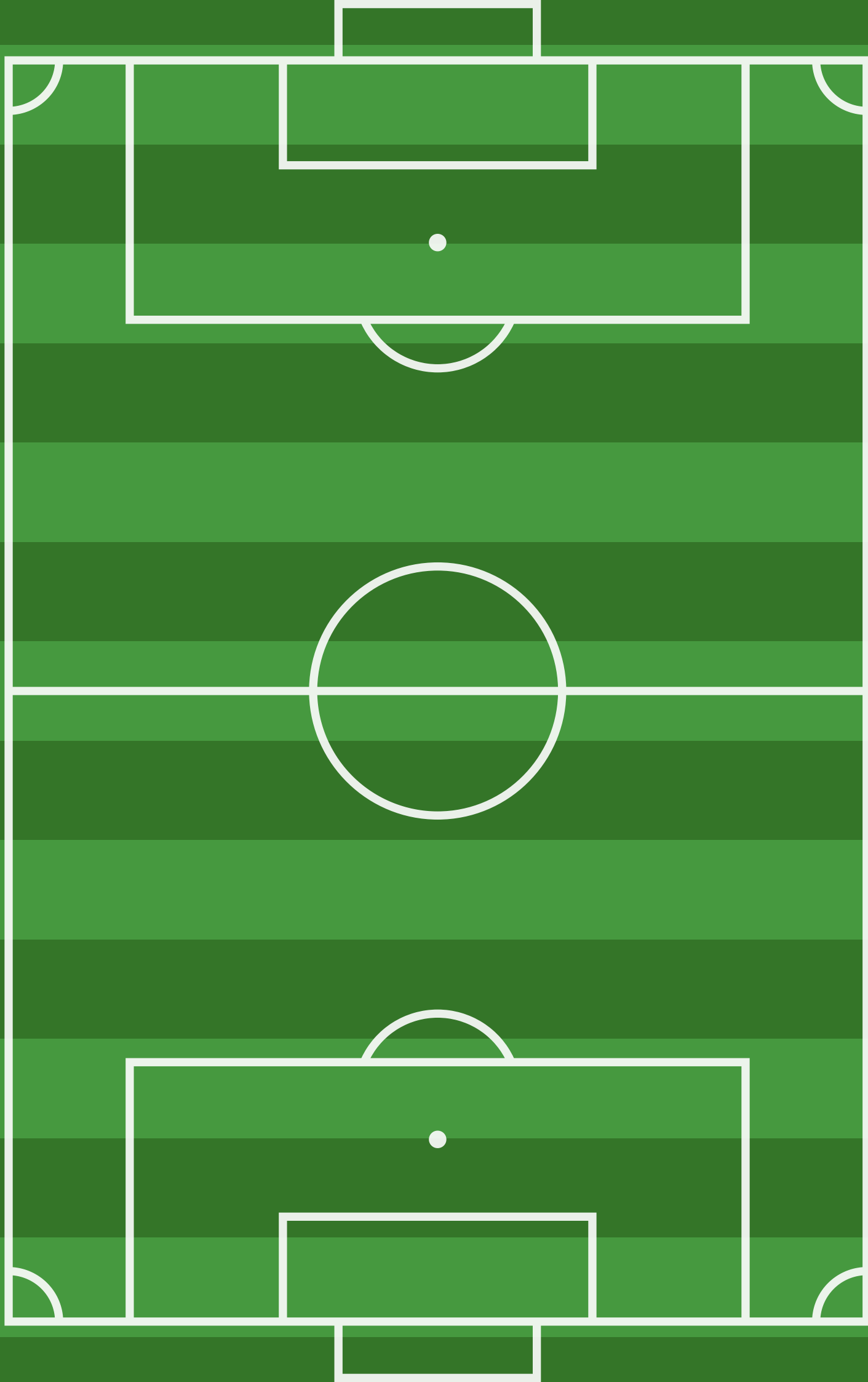
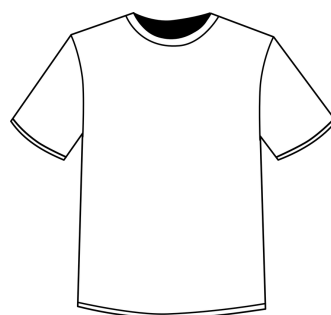
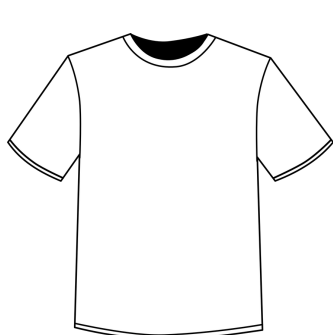
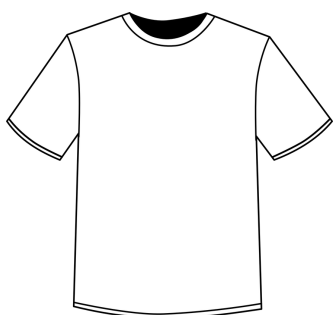
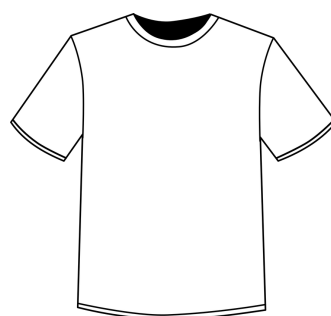
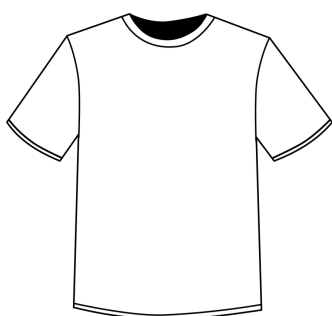
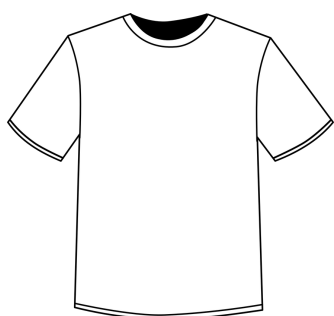
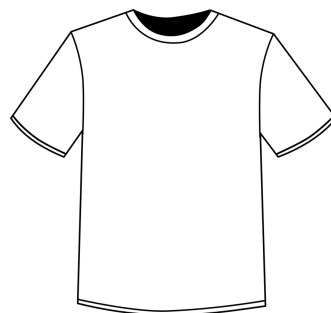
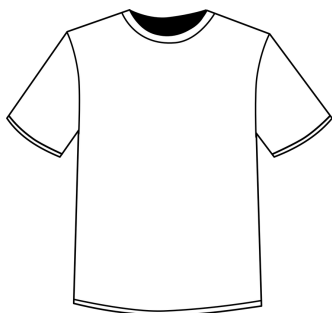
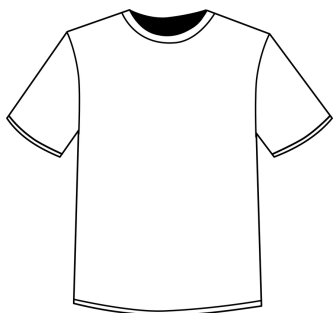
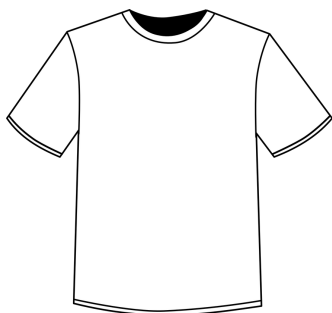




My Squad



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.

- Who is your defender?
 - The person who “has your back”, someone who you rely/relied on and is/was there for you when you need them
- Who is your keeper?
 - The person that steps in/stepped in when it becomes serious, the one to save the day, keeps you safe when things get difficult
- Who is your midfielder?
 - The person that keeps things going, the one who supports/supported you day to day.
- Who is your striker?
 - The person that helps you achieve your goals, celebrates when you win
- Who is your coach?
 - The person who gives advice and teaches you things, they help you grow and develop
- Who is your team manager?
 - The person in the background making decisions and/or providing resources, who is the “boss”
- Who are your fans?
 - Who are the people who cheer/cheered you on?
- Who is your captain?
 - Who is the person that you look up to? Who do you take instructions from?
- Who is your winger?
 - Who is the person that runs by your side and works with you?
- Who is your left back?
 - Who is the person that keeps you safe and covers your blind spots?