**Session 1: Training with Ben Jones**

In session one, we discussed traumatic experiences, loss, separation, pain-based behaviours and effective and ineffective care techniques. Following this, we identified the importance of consistency, trust, meaningful relationships and getting to know the young person in your life!

Reflect on the person you provide care for and identify the following areas below. This activity aims to encourage you to connect with the young person in your care in order to answer the questions below. There is no need for you to sit at a table and go through the questions and answers. You may go through this during a car trip, dinner, TV-time or an activity together, during one or several sessions.

Answers are to be recorded after the conversation.

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| **Belonging****What do you think of your home?****Who do you like spending time with?****What is important to you?****What can your carers be doing to help you?** |
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| **Mastery****What are you good at doing?****What would you like to learn?****What can your carers be doing to help you learn something new?****What could you teach me?** |
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| **Independence** **What do you like doing by yourself?****What would you like to be able to complete by yourself?** |
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| **Generosity****Do you like to help others? How do you do this?****Can I help you think of some ideas and ways that we could help others together?** |
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