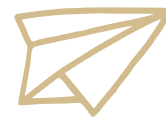




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# Life of Opportunity Statement Cards



A LIFE OF OPPORTUNITY  
EST.1954

# a life of opportunity



I want you to look at me as a person  
not someone to care for.

I want to be in control of creating  
my 'life of opportunity'.



I want to be more confident in my life.  
I want to grow and develop.



I want to be an active part of my community.



I want to be involved and connected with others.

I have skills and abilities, I may need support  
to get training, voluntary or paid work.



It's all about the time you give to me.

I can develop and maintain positive relationships  
in my own home and beyond.



I am thriving not just surviving.

All the people that are important to me work together  
to help me achieve my goals and live the life I choose.



For more information and how you can get involved  
please visit: [www.camphillvillagetrust.org.uk](http://www.camphillvillagetrust.org.uk)



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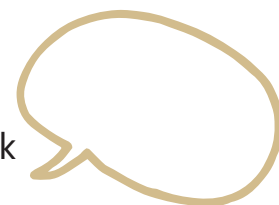


# Life of Opportunity - Statement Cards

**The below games can be played with friends as a group. You could also play them with your support worker or families.**

## Memory Game

Read all the statements in turn and then look at the image on the back of the card. Talk about what each statement means.



Turn the cards upside down and take turns to try and remember what each card means (by looking at the image).

Talk about why these things are important. You could ask someone to write down everyone's ideas.

## Button Game



Lay all the cards face up on a table. Read each statement out loud for the whole group (take turns if you wish). Talk about what each statement means.



Give each person three buttons (or pennies).

Each person can then place one of their buttons on three different cards that are the most important to them.

When everyone has had a go, count the number of buttons on each card.

Place them in order of which statements have the most buttons.

Discuss as a group why people placed their buttons on each statement and why some are more important to the group. You could write or record what each person has to say.



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# Life of Opportunity - Statement Cards

## Ladder of Opportunity Game



Each person chooses a statement. Read it out (or ask for someone to help if you would like it).

As a group try and agree which statement is the most important and place this at the top of the table (or any flat surface) face up. Then as a group agree the next important and place this just below. Do this for all cards until you have a long line of statements with the most important at the top and the least important at the bottom.

You have now created a 'ladder of opportunity'!

In turn talk about any help or support you need to live a 'Life of Opportunity'. Ask someone to write the ideas down if you would like.



## Be creative and have fun



You could use the cards as part of regular support meetings. You could take each card and talk about the things you would like to do, what your hopes for the future are and any support or help you may need to achieve what you want.



Write down your ideas (or ask someone to help). You could then use these ideas to share with all the people who can help you live a 'Life of Opportunity'!

**We would love to hear your ideas or see photos of you using the cards. You can post your photos and ideas on CVT Connect or email them to [philip.gibson@cvt.org.uk](mailto:philip.gibson@cvt.org.uk)**



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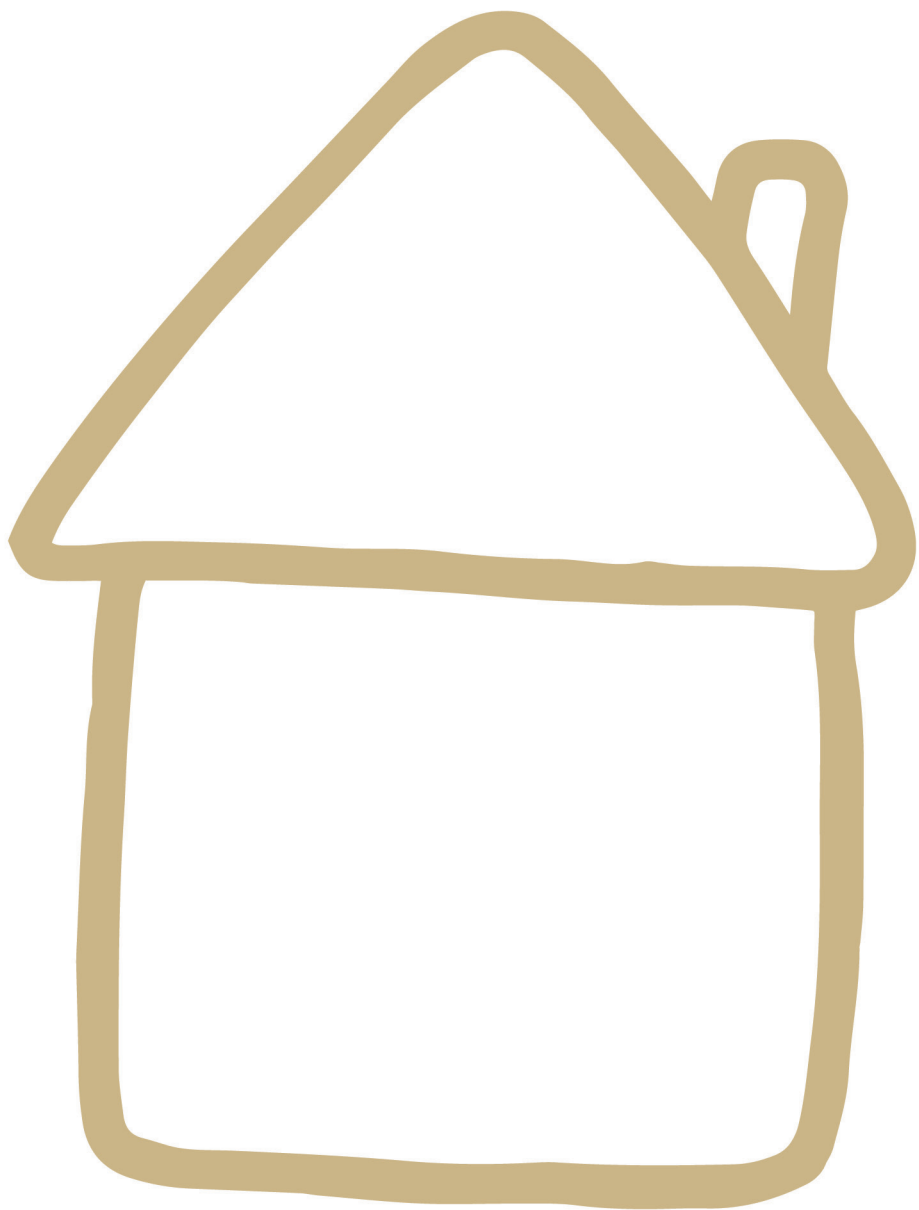
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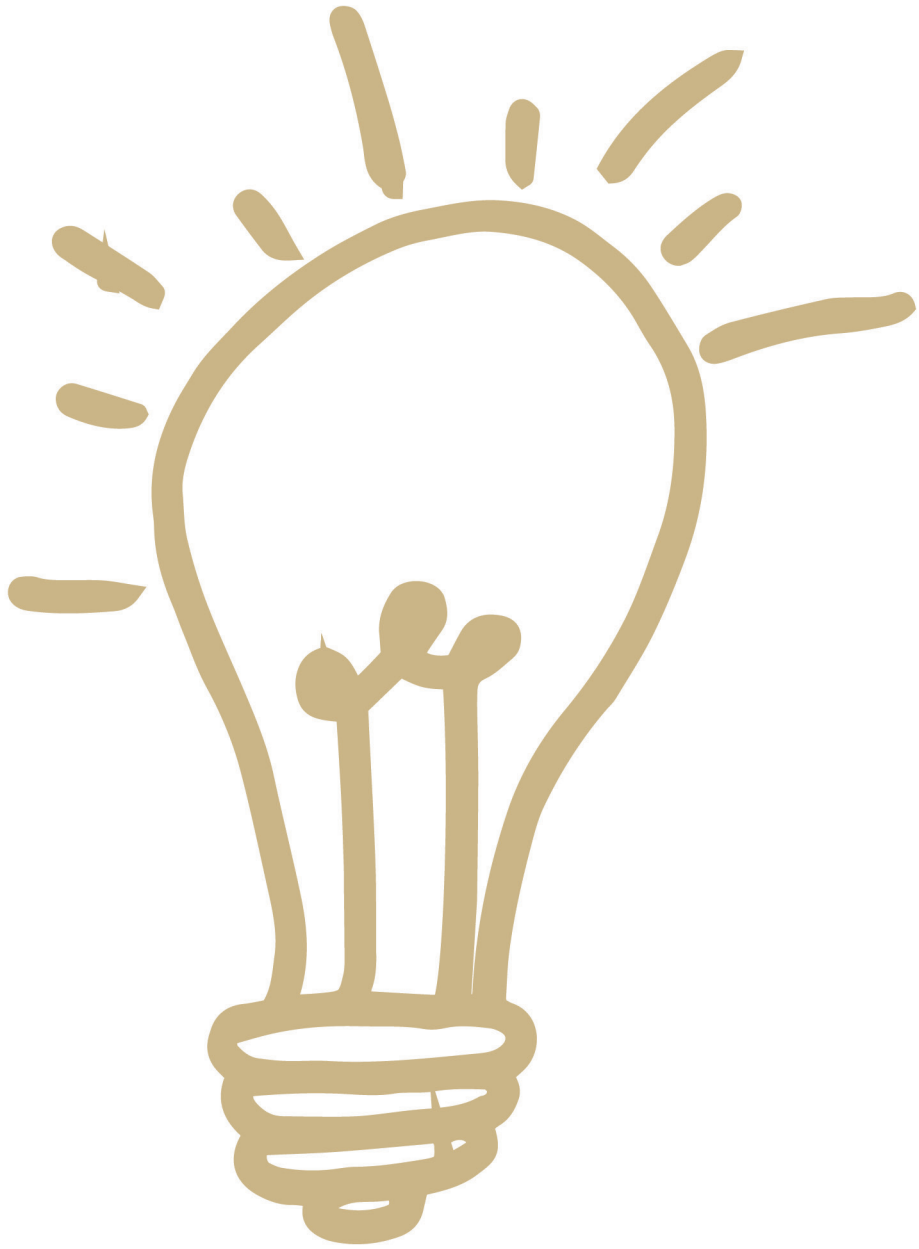
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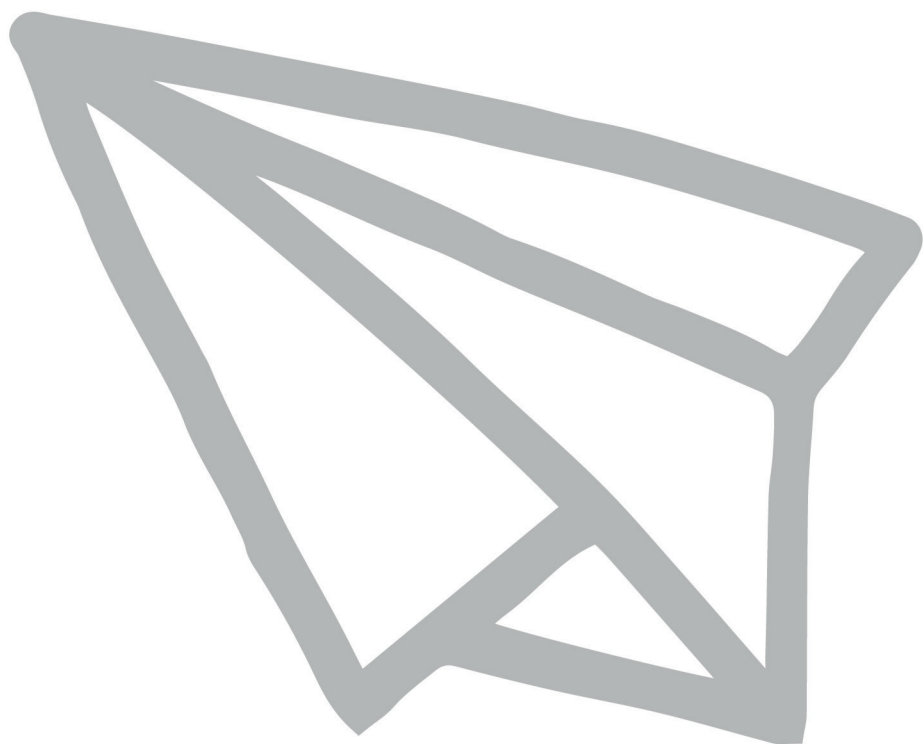
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