

# Care Package Worksheet

A Care Package is what family and friends often send to people who are in other places and missing the usual things they are used to where they come from. Let's look an example for a bit of fun,

**Say you are someone from the small country of NEW ZEALAND.** Some of the iconic things you might miss about home and wish could be included in a care package might be:

- Chocolate fish (fish shaped pink marshmallow covered with coconut and chocolate coating)
- Lemon and Paeroa – a big bottle
- White bait Fritters
- Feijoas (a kind of Guava)
- Swan-Dri jacket
- Pavlova (Big meringue dessert – New Zealand has a running fight with Australia over who created the Pav – named after the famous ballerina)
- Gumboots
- Kiwi (of course the National Bird)
- The All Blacks
- Sheep (80 millions of them ) and the cleverest of dogs – The Border Collie
- AND so on.....

“Swan-ee”



Kiwi



Chocolate Fish



Feijoas



Gumboot Fence



The BIG L&P bottle in Paeroa



Whitebait Fritters



“Pav”



The All Blacks

The Border Collie rounding up the sheep



# Care Package Worksheet

Let's get more serious and get onto the instructions for this activity. The creation of the Care Package is best done in pairs. So as the Mentor you can provide several potential situations that the Mentee can choose from for the activity. You will have the opportunity to create your own Care Package for that situation.

1. The Mentee chooses a situation / describe a specific circumstance - once they have decided on the circumstance (they can choose their own and don't need to be limited to what is below) Ask them to set the scene for you (see some examples below):
  - You have been asked to relocate to a new location you've never been before (Mentee chooses the location) and can not be involved with your past life
  - You are doing a scientific experiment on living in isolation with 3 other people whom you don't know, in a Greenhouse dome as part of research for living on Mars
  - You are going to Antarctica to research ice melt for 2 years
  - You've been sentenced to 10 years in a maximum-security prison for heinous crimes
  - You are sailing solo around the world
2. You are only allowed to only take a limited number of possessions with you. (Perhaps begin with 10)
3. The Mentee asks you – what would you take and why? (You can make them up- in fact, it is useful to make them up rather than have them as things you might really choose)
4. The Mentee – writes down the items and the reasons.
5. When completed – review the list together
6. You ask the Mentee – what they think each item tells them about you as a person. What does each item tell them about your values and what is important to you?
7. De-brief with the Mentee how accurate they were in determining your motivation for selection.
8. For an added dimension – you can choose an item to remove one by one, and have the Mentee ascertain why you would choose that item to delete. and why you would retain the others.