

## Queen or King of the Island Exercise

Useful for establishing a young person's feelings towards different relationships and places/activities.

- On a large sheet of paper draw three islands (One large one, a smaller one next to it and a third one way down near the bottom of the page) Alternatively use the template provided.
- Next draw a bridge that goes from the large island to the smaller island next to it. State that the large island is the young person's island and that they are Queen/King of the island. As you draw a gate at the end of the bridge, state that the young person owns the key to the gate and only they have the power to decide when this gate can be opened. (Draw a key on the young person's island)
- Next draw waves all around the islands. In the waves draw sharks' fins. Put more sharks around the bottom island, some around the island adjoining the child's kingdom, but leave one side of the child's island safe for swimming.
- Now hand over control to the young person. Explain that the young person has total control over who goes on to the islands. Ask what would make it the perfect place to live, what would be on the island. Ask which people, places or things would they want on their island ALL THE TIME. They can draw or write these in.
- Next ask what people or places would be on the next island. State that these are people or places that they would like to see occasionally. The young person is in control and they have the key so they can decide when to see these people or places and can decide when they have had enough. Important information is, "Are these people allowed onto the young person's island or does the young person cross the bridge to visit them?" Ask the young person to draw or write them in.
- Next, state the young person can then place people or places they hate in one of two places. They can place them in the bottom island (This is a totally secure island. People cannot travel off this island, there are no boats or planes or any means of transportation, and freezing cold shark infested waters surround it). However, they can also choose other people or places to take their chances in shark-infested waters.
- If the young person draws and completes the task you can ask questions as desired.

## **How to use the Danger Line Scenarios**

Place the Unsafe, Risky, Safe and Fun sheets face up on the table in a line. Cut out the Danger Line Scenarios and ask the young person to place each scenario on the word that they think best describes it. The worker can then talk to the young person about their choices and reasons for them.