



IDENTITY CLOUDS

When we begin working with young people we usually spend some time connecting with those who know them best to learn more about them and to begin building a picture that will be added to as we go. What if at this time we composed an actual picture of words for our young people based around the contributions of those who know them best. Word pictures or clouds are images composed of words based around particular subjects. The size of each word in the display indicates its frequency or importance.

What if we asked those in a young person's support team to contribute five positive descriptive words about the young person to help us better understand more about them. It would be good for these people to be aware that their words will contribute to a word picture that the young person will see.

Once we have collected these words they can be entered into a free online word cloud generator. There are many available, including this one: <https://www.wordclouds.com/>

The resulting word cloud could be printed out or electronically shared with the young person as you engage with them. It could be a place to start considering 'identity' together. This could be an activity that allows conversations about the picture others have of us compared with our own internal conception. Who we think we are, what we believe others think of us, and who we are becoming can feel increasingly important as we move through adolescence.

