This game helps children to identify elements of the child’s life that they would like to succeed in and helps them to plan (with the help of metaphor) a course of action that will help them move forward.

In all real-life situations there are forces and circumstances that impact either positively or negatively on any given outcome. This game helps the child the look at the impact of outside influences be it positive or negative.

The bridge to success represents positive steps that need to be taken by the child in order to get to the other side or the desired changes. This may involve engaging in a particular behaviour e.g. attending school, refraining from a particular behaviour e.g. abusing drugs, and seeking support for example school counsellor. These would all constitute ‘steps’ across the bridge.

‘Threats’ to achieving these goals should be identified to allow the person the best possible chance of tackling and avoiding such threats. Threats may include: peer pressure, addiction and their own self-belief.

Each threat and step should be discussed and planned for with a supportive adult to increase the likelihood of achieving their goals, and giving them the tools and the confidence they need to successfully cross the bridge.