



What's your Story – Timeline Exercise

Time

- 60-90 minutes depending on how many participants
- Allow for 20 minutes to complete exercise
- Allow for 5 minutes for each participant to share their story

Supplies

- Printer Paper
- Markers/colored pencils/etc.

Directions

- Everyone receives a blank piece of paper and has access to markers/colored pencils/etc.
- One person reads the prompts/instructions to the participants

Prompts/Instructions

- Draw a timeline of your life.
 - o Does not need to be linear. Can be any shape you want: circular, triangular. Anything that captures how you feel your life has evolved over time to this present point.
- Notate any significant physical moves on your timeline.
- Notate any changes to the family (new siblings, deaths, new pets, etc.)
- Notate any key memory you want to share with the group (got first bicycle, best friend left, tried McDonalds for the first time, played in my first recital, etc.)
- Notate any prompts relevant for the group

Sharing

- Allow for each participant to show their timeline and share some of the key events they plotted.

Debriefing Extra

- Talk about emotions associated with those transitions
- Talk about who helped you with those transitions