

Life Line Exercise Options

Option 1: Life Journey

Use a flip chart sheet, laying it out in landscape/horizontal orientation. On the top divide the sheet into life periods/segments (e.g. childhood, adolescence, college, young adult or first job, marriage, couple with children, teen age children or various places in which the person lived). Ask the person to determine which segments are appropriate, and invite them use their own descriptors for each period. It is important the individual identify life segments that fit his or her own life journey. A person will usually select 5-7 life segments. There is no magic number. Instruct the person to draw a vertical line between each segment.

For each life period or segment, ask the individual identify at least 3 significant life experiences that occurred. Suggest that they use two colors of post-it notes to write a word or two to describe each experience. Use one color (e.g. green) of post-it notes for the positive experiences. Use a second color (e.g. pink or orange) for the painful or negative experiences. For each life period or segment, there should be at least one post-it note of each color. How many notes are used, and therefore life experiences, is up to the individual.

Then ask the person to prepare the visual display of their life on the flip chart by describing one event on each post-it note and sticking it to the appropriate life segment. Be sure to use both ~~two~~ colors of post-it notes for each life segment. Now the individual is ready to share his or her life story.

Option 2: Life Journey

Note: For an alternative life-journey learning activity, follow the directions for the first paragraph of Option 1 above, creating the life segments on the flip chart sheet as instructed.

Then, in the middle of the sheet, draw a horizontal line. On the left side of the sheet above the line, write the word, "Positive." On the left side of the page below the line write "Negative" or "Painful."

For each life segment, draw a dot that identifies that life segment as mainly painful or positive. Now connect the dots of all life segments. In each life segment, write down a minimum of three life experiences for each life segment. Even if the life experiences for one segment are mainly painful, the person can write a positive experience for that life segment (above the line).

Invite the person to prepare the visual display of their life journey complete with brief descriptions of each experience. Now the person is ready to share his or her life story.