



# LIFELINE

## *Purpose & Focus*

Allows the participants to think about their futures in logical, realistic ways and begin to plan.

## *Participants*

Any number of participants.

## *Time Allotment*

30 + Minutes

## *Activity Level*

Low

## *Materials*

- Large pieces of paper
- Markers
- Scissors
- Glue

## *Method*

- Have participants take a sheet of paper and draw a horizontal line in the top half of the page and one in the bottom half of the page. Divide each line in half, then quarters, then sixteenths.
- Ask participants mark the beginning of the top line with their birthdate and the end of the line with today's date.
- Ask each participant to create a timeline of their life and significant event on the top line. They can write, draw, or create a collage.
- Ask each participant to share what they like from their timeline.
- Ask each participant to look at the second line and consider it as their future. Use writing, drawing, or collage pictures to mark on the timeline their goals and dreams.

## *Discussion*

- What do you think you are going to have to do to reach your goals?
- Which things seems harder to you and which things seem easier?