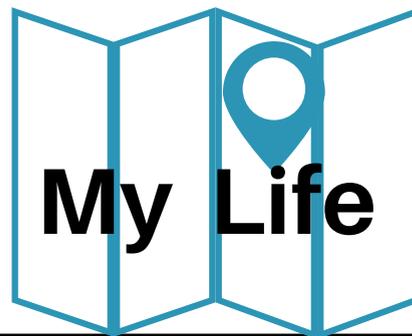


What are some of the **good** things you have been through in your life?



Think back to some key events...



What are some of the **hard** things you have been through in your life?



Think back to some key events...

Look back on your life journey and where it has taken you so far. This can be from birth, a significant event, or even just the past year. This can help us reflect and understand how we got to where we are now.



Adapted from Alumina training leaders guide
www.youthscape.co.uk



Instructions

This session aims to help young people to consider their identity and where they are now in their lives, by looking back at their journey so far.

1. Ask the young people to spend some time thinking about some of the positive things they have experienced in their past, and writing them down on the left-hand side of the page.
2. Then ask them to try to recall some things that may have been more negative or difficult for them on the right-hand side of the page. Remind the young people they can write what they like on here, it is personal for them. They also DO NOT have to share.

They can be as creative as they like; writing, drawing, possibly using images as a collage, or just single words.

Explain to the young people that by looking back on their life journey and where it has taken them so far, whether looking right back from their birth, or a significant event they can remember, or even just this past year/month/week, it can help them to reflect and understand how they have got to where they are now.

This can be really empowering for young people; whether they feel it has all been really positive, or they have had a real tough time. To know the journey of how they got to where they are now can give young people a real sense of control and ownership of their lives.

This may be a difficult activity for some young people. You will need to make sure you let them know you are there to talk if they feel they need to at any point.

