

Mapping the journey of life

Guidelines for teachers

Step 1. Your past

Time required: 30 minutes

Ask your students to:

- Reflect on themselves: who they are, where they come from, their language, their culture, their spirituality, their family, friends and on obstacles that they had to face.
- Draw/list some of their favourite places where they have been.
- Draw two milestones on their journey: two key happenings in their life.
- Draw a mountain and a river, that represent two important obstacles.
- Reflect on how they overcame them.
- Write a survival kit at the top of the page: identify the elements that helped them during difficult times (people/ values). Link the survival kit to your past timeline.

Step 2. Your future

Time required: 30 minutes

Ask your students to:

- Write their wishes and hope for the future (for instance, over 30 years) to be placed at the end of the path.
- Mark on the pathway the place they still want to visit.
- Identify three future milestones: three key goals they would like to achieve in the future.
- Draw a mountain as a symbol of a future obstacle they think they will face in the future.
- Identify a song that will accompany their life and reflect on its meaning for them. Link the survival kit to your future timeline.
- Reflect on their journey, identify some positive events and mark them as stars along their journey.
- Reflect on a lesson learnt during their life.

Step 4. Share your journey

Time required: 30 minutes

Ask your students to:

- Look at the other participants' "Journeys of Life".
- Form a circle and ask volunteers to share their story.
- Discuss with all participants:
 - How did you feel?
 - What were the most difficult elements to identify?
 - Did you discover something new?
 - How did you feel while sharing your story?
 - How did you feel listening to the other participants' stories?