

## Life Map Instructions

Creating a life map is fun and easy. The life map is a graphic representation of important events, people, and places in your life. Allow yourself to play with this activity – be creative and let your imagination take flight.

Follow this procedure:

1. Brainstorm significant events in your life. These can be happy memories, sad memories, scary memories, important places, important people, life changing events – your choice.
2. Choose your individual memories and draw a graphic representation or symbol for each memory. For example, a symbol of birth might be a stork or baby; a divorce in family might be a drawing of stick people with a lightning strike down the middle.
3. Narrow your choices to the 8 to 10 most important memories and list them in chronological order by the years in which they occurred.
4. On a piece of tag board or colored construction paper, mark these memories – happy memories above the center of the paper and sad memories below the center of the paper – going from left (earliest) to right (most recent). Connect the dots with a two-lane road or highway.
5. Brainstorm for more symbols for the events on your map.
6. Using markers or crayons, draw your quick draw graphic or other symbol for each event.
7. Write a brief caption for each symbol so that people viewing your map will understand the event.
8. Complete map, going over drawings and words and highway until it is clear and easy to read.
9. Share with your family. You can do this by taking a picture of your life map, or sharing it on social media.