



## **Life Skills – Self Awareness**

### **My Life Graph**



**Aim of the Game:** To graph one's life experiences.

**Learning Objectives:**

- To recall one's life experiences.
- To rate these experiences in order.
- To share one's life graph in a small group

**Structure:** **Individually** and then in small groups.

**Time:** 20-30 minutes

**Materials:** Paper , pen and crayons.

**Method:**

- Give out the materials to each Scout.
- Ask them to draw vertical and horizontal axes and label them as in the example below.
- The vertical lines stand for the level of 'happiness'.
- The horizontal line stands for the person's age. Note that this can vary based on how far back the young person can remember. For example, some young people can label the horizontal line by year from birth to present.
- Ask the Scouts to try and chart their happiness against their age using the model provided.
- When all the Scouts have finished their graphs, ask them to go back to their groups and allow time for sharing their results in the group.
- Create an atmosphere of safety and confidentiality
- Encourage the members of each group to feel free to ask questions about what is being shared. But do remind them that everyone has the right not to answer if he/she is not comfortable.
- Remind the members of the group to listen carefully and respect the person sharing his/her life graph.

**Evaluation:**

- How was it recalling our lives from the past to the present?
- How did you feel while sharing your life with others?
- How did you feel while listening to the life of others?