



Activity: Life Line

What were the most important experiences of your life? Draw a line listing your personal history of important experiences. Identify each experience and include highs and lows from your significant life experiences. You can also draw pictures and symbols around the life line that represent how you grew and the most significant parts of your life. Continue to add to your life line each event or experience that is significant for you. You can do this bigger on another sheet if you like. A few examples are plotted.

