ACTIVITY 2

THE ALL ABOUT ME TIMELINE

SKILL/S COVERED: Self-knowledge
APPROXIMATE TIME NEEDED: 50 minutes
AGE GROUP: 8-12 years old

BRIEF INTRODUCTION
This activity encourages students to reflect on significant moments in their lives and how these have shaped their identities and perspectives. By creating a personal timeline, students gain insights into the development of their personal values, interests, and behaviors over time.

AUTHOR OF THE TOOL/EXERCISE WITH REFERENCING LINK
Original activity designed by Deses3.

GOAL
To help students identify key events and influences in their lives and understand how they contribute to their self-knowledge.

NUMBER OF PARTICIPANTS
Suitable for individual work followed by small group discussions.

Co-funded by the European Union

NECESSARY MATERIALS

- Large sheets of paper or poster board
- Markers or colored pens
- Rulers (for drawing timelines)
- Stickers or post-it notes

DETAILED DESCRIPTION

INSTRUCTIONS

1. Provide each student with a large sheet of paper or poster board and markers or colored pens.
2. Instruct students to draw a horizontal line across the middle of the paper—this represents their timeline.
3. Ask students to mark at least 5-10 significant moments in their lives on the timeline using stickers or post-it notes. These could include milestones like the birth of a sibling, starting school, moving to a new place, a significant achievement, or any personal challenge they've overcome.
4. Next to each sticker or note, students should write a brief description of the event and why it was significant in shaping their personal development.
5. After completing their timelines, students will share them in small groups, discussing what they have learned about themselves and how past experiences have shaped who they are today.

DEBRIEFING QUESTIONS

1. Which event on your timeline do you feel has had the largest impact on you?
2. How do you think you have changed because of these events?
3. What are some values or strengths that have emerged in you through these experiences?
4. How can this understanding of your past influence your future decisions?

OTHER USEFUL INFORMATION

This activity can be particularly effective at the beginning of the school year as a way for students to introduce themselves and their backgrounds to each other.

It can be adapted to focus on future goals by having students add future milestones they hope to achieve and steps needed to reach those goals.

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