

## Activity 2:

# Life mapping

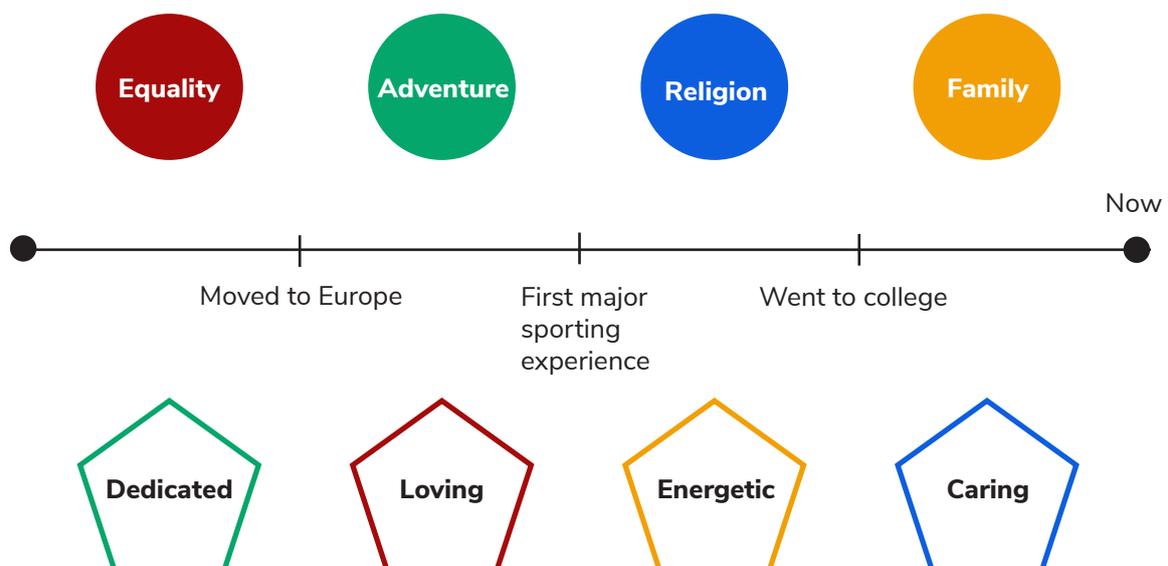
This activity encourages students or athletes to reflect on meaningful experiences and to highlight moments of intercultural learning.

## Description

A life map encourages students or athletes to describe who they are and to identify the experiences that have led them to where they are today.

- Draw a line that runs through the middle of the life map. On the left side of the line mark the beginning (e.g. birth). About halfway along the line, mark "now" (e.g. today). You can leave room at the end to map experiences that you may want to have in the future.
- Along the line, list the events or experiences that have had a profound impact on who you are today. They can be big or small, positive or negative experiences. The point is that these experiences have influenced and shaped you.
- On the top of the page (above the line) list some of your values (e.g. the things in life that are most important to you).
- At the bottom of the page (underneath the line) list some features of your identity and the qualities you feel best represent you.

## Example



Hang all the drawings on the wall. Students or athletes then do a gallery walk to learn about each other. Ask who would like to volunteer to share their story with the whole group.

## Discussion questions

### Reflect

Who are you? What gives you a sense of purpose? What motivates you? What are you most proud of in your life?

### Connect

How do you approach building friendships with people of different backgrounds?

### Apply

What would you like to experience in the coming five years? Can you share your action plan? What parts of your life map do you have control over?

## Facilitation notes

Ask students or athletes to use their creativity while drawing or constructing their life map. It is not important to copy the example provided here. Give time for participants to interact with each other about their personal life, background, culture, personal stories and favourite videos, books and films. Students or athletes are given the opportunity to get to know each other and to understand each other's perspective. This will lead to openness, mutual understanding and will strengthen relationships within the team and develop a sense of team spirit.

<b>Number of Teachers or Coaches</b>	1-2
<b>Number of Students or Athletes</b>	Open
<b>Typical Age Group</b>	12+
<b>Time Needed</b>	30 min
<b>Space Needed</b>	Classroom or any other space where participants can draw
<b>Materials Needed</b>	<ul style="list-style-type: none"><li>• Flipchart paper</li><li>• Markers</li><li>• Tape</li></ul>
<b>Activity Objective</b>	To understand self through reflecting on personal experiences, values, attitudes and discussing factors that shaped you to become who you are today
<b>Related Units</b>	Unit 1
<b>Related Learning Competences</b>	Self-awareness, emotional awareness, creativity, presentation skills, teaching and reflecting, perspective and respect