

LIFELINE

- ▶ Pick a defined period of time — the last school year, summer break, etc. Ask students to list key events and experiences in their life.
Examples can include victories achieved, challenges faced, fears overcome, stands taken and lessons learned.
- ▶ Direct students to choose the experiences that have shaped them. It could be anything — achieving a goal, making a new friend, receiving an award, traveling with family, completing a project, joining a team, losing a championship or graduating to the next level.
- ▶ Using the diagram below, invites students to place these events on their Lifeline in the order in which they happened.
- ▶ Instruct students to put happy or good things above the line and sad or bad things below the line. They can place each event higher or lower to show how they felt about them at the time. Encourage students to place an experience that made them very happy higher on your Lifeline, while something that was sad should be placed lower.

The UPS

The DOWNS

- ▶ Discuss the activity using the following questions:
 - Q What are three specific things you learned about yourself?
 - Q What experiences have shaped you most as a person? Explain.

For complete details on the full Lifeline activity, see *Lead4Change Lesson 1, Activity 1*