

Relational Connector: Personal Timeline

Purpose: To deepen relationships and understand more about each other.

Group size: Any size, although with groups larger than 15 you'll want to modify the whole-group activity at the end to be more interactive.

Context: Virtual or in-person. To deepen what we know about one another, we are going to reflect on and share a part of our personal stories.

Time	Action
5 min	Introduce the activity and revisit any group agreements or norms for the space.
5-10 min	<p>Personal reflection/timeline creation: <i>Pass out paper and markers or colored pencils.</i></p> <p>Explain: <i>You will create a timeline of the highlights and lowlights of your personal history that have led to your arrival at this moment. On your timeline, add events that have shaped who you are and how you show up today. Those are the only directions-what the timeline looks like is up to you. You can choose much detail to add and what pieces of information you will eventually share with a partner and the whole group. You do not need to be an artist! Begin with five minutes and extend as needed.</i></p> <p>Facilitation hint: Watch for how much time folks need. Some might need more time but set some parameters because participants could take hours creating personal timelines.</p>
~10 min (time might vary depending on the group)	<p>Partner or trio share: <i>Everyone should have a partner. Consider whether it would be best for people to choose their own partner, or use a random selection method. If there are students and adults in the group, consider placing two students with one adult.</i></p> <p>Explain: <i>We will now spend around ten min sharing with each other. Feel free to share and then ask questions to deepen your understanding. Only share information you're comfortable communicating.</i></p> <p>Facilitation hint: Adjust the time as necessary. For some groups, this could take much longer than ten minutes. Depending on comfort and trust the time might vary widely.</p> <p><i>Make sure to thank your partner!</i></p>
10-30 min	<p>Whole group:</p> <p><i>Would anyone like to share parts of their timeline?</i></p> <p><i>Were there any commonalities in your timelines?</i></p> <p><i>What did this experience feel like? What was easy or difficult about this experience?</i></p>