





# Activity:

## Personal timeline

-  **Purpose** To deepen relationships and understand more about each other.
-  **Audience** Teams of students and/or adults interested in building deeper connection
-  **Suggested Time** 30 minutes (or longer)
-  **Materials** Blank paper and markers or colored pencils

Topic (minutes)	Details
Introduction (5 min)	Introduce the activity and revisit any group agreements or norms for the space
Individual timeline creation (5-10 min)	<p>Pass out paper and markers or colored pencils.</p> <p>Provide directions: 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.</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>
	Continued on next page

Topic (minutes)	Details
Partner or trio share (10 min +)	<p>Everyone should have a partner or be in a trio. 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.</p> <p>Explain: We will now spend around ten min sharing with each other. Only share information you're comfortable communicating. Feel free to share and then ask questions to deepen your understanding.</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. Make sure to thank your partner!</p>
Whole group reflection (5-20 min)	<p>Pose questions like these to discuss:</p> <ul style="list-style-type: none"> <li>• Would anyone like to share parts of their own timeline?</li> <li>• Were there any commonalities in your timelines?</li> <li>• What did this experience feel like?</li> <li>• What was easy or difficult about this experience?</li> </ul>