

How To Create a Life Line

Materials:

- A long piece of rope or string
- Scissors
- Tape
- Small pieces of paper or index cards
- Pens or pencils

Instructions:

1. Begin by explaining that life is a journey, and that each of us has a unique story to tell. Invite the youth to reflect on the important people, events, and experiences that have shaped their lives.
2. Give each youth a piece of paper or index card, and ask them to write down one important moment or memory from their life. It could be a happy moment, a sad moment, or something in between.
3. Once everyone has written down their memory, ask the group to form a circle and hold onto the rope or string.
4. Starting with one person, have them attach their piece of paper onto the rope using the tape. They should then share their memory with the group.
5. The next person in the circle should do the same, attaching their piece of paper onto the rope and sharing their memory. As each person shares their memory, the rope will begin to form a “life line” that represents the journey of the group.
6. After everyone has shared their memory, have a discussion about the importance of each moment in life, and how our experiences shape who we are. See the reflection questions below.

Reflection Questions

- How did it feel to share your memory with the group?
- How did it feel to hear other people’s memories?
- What do you think is the value of each moment in life, no matter how big or small?
- Did you ever have an experience when an event which seemed very negative at the time ended up leading to something good?