

## TIMELINE

<b><u>Age Level:</u></b>	6-18 (Adaptable)
<b><u>Time Required:</u></b>	20 minutes
<b><u>Materials Needed:</u></b>	Paper, pencils and crayons
<b><u>Goals:</u></b>	To provide the child with an opportunity to see all the important events in his/her life.
<b><u>Note:</u></b>	<i>Attention should be placed on happy events as well as losses.</i>

### **Description of Activity:**

Have the children draw a horizontal line on a piece of paper and fill in the last birthday they had.

Have them choose the next most recent event in his/her life that feels important. They can draw pictures. Fill that in with corresponding age. Continue to have them fill in the important events in their life (example attached).

Provide time for each child to share his/her work. Suggest that they may see very different kinds of events as important.

**Note:** *An additional concept of a graph can be added to this activity for older children. High, medium and low graph lines allow the event to reflect the feelings of the time.*