

MY AUTOBIOGRAPHY

MATERIALS |

Paper and writing utensils or tablets or computers

OPTIONAL: pictures or self-portraits and crafting supplies

OBJECTIVES | The objectives of this activity are for participants to learn more about the lives and backgrounds of others, to practice deep listening, and to build meaningful trusting relationships with each other.

FACILITATOR INSTRUCTIONS |

Introduce the concept of an autobiography

- Ask participants to brainstorm what they know about autobiographies
- Show them an example of an age-appropriate autobiography
- Explain that an autobiography is a story of your life written from your perspective while you are still alive
- Share your own autobiographical essay

Invite participants to write an autobiography of their own lives. Some things to consider:

- Where they were born and to whom
- What they were like at different ages
- What schools they have gone to
- What various hobbies or interests they have
- What struggles or challenges they have faced
- Who have been important people in their lives

When everyone is finished divide participants into groups to share.

DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- What did you have in common with others?
- How have your lives been different?
- What is something you learned about your classmates that will help you support them this year?



SUPPORTING MEDIA |

<https://www.michiganlearning.org/sharing-who-we-are/>

NOTES |

This activity may not be appropriate for groups in which participants cannot write.

WARNING: This activity may reveal experiences of abuse or neglect that facilitators should be prepared to address.

EXTENSION: Create a multimedia presentation of our life using magazines, collages, power point presentations, photos, etc.