



Activities for Self-Awareness

HANDS OF THE PAST AND FUTURE

Why?

Life story work can help us to understand our past, make sense of our present and develop a clear sense of identity for the future. It can help us to make sense of what *has* happened and *is* happening. Mapping out our life in this visual way can help to put things into order in our mind, and plan for our future.

How to:

There is no right or wrong way to do this, be creative! We've provided a template below, but you can simply draw around your own hands if you prefer.

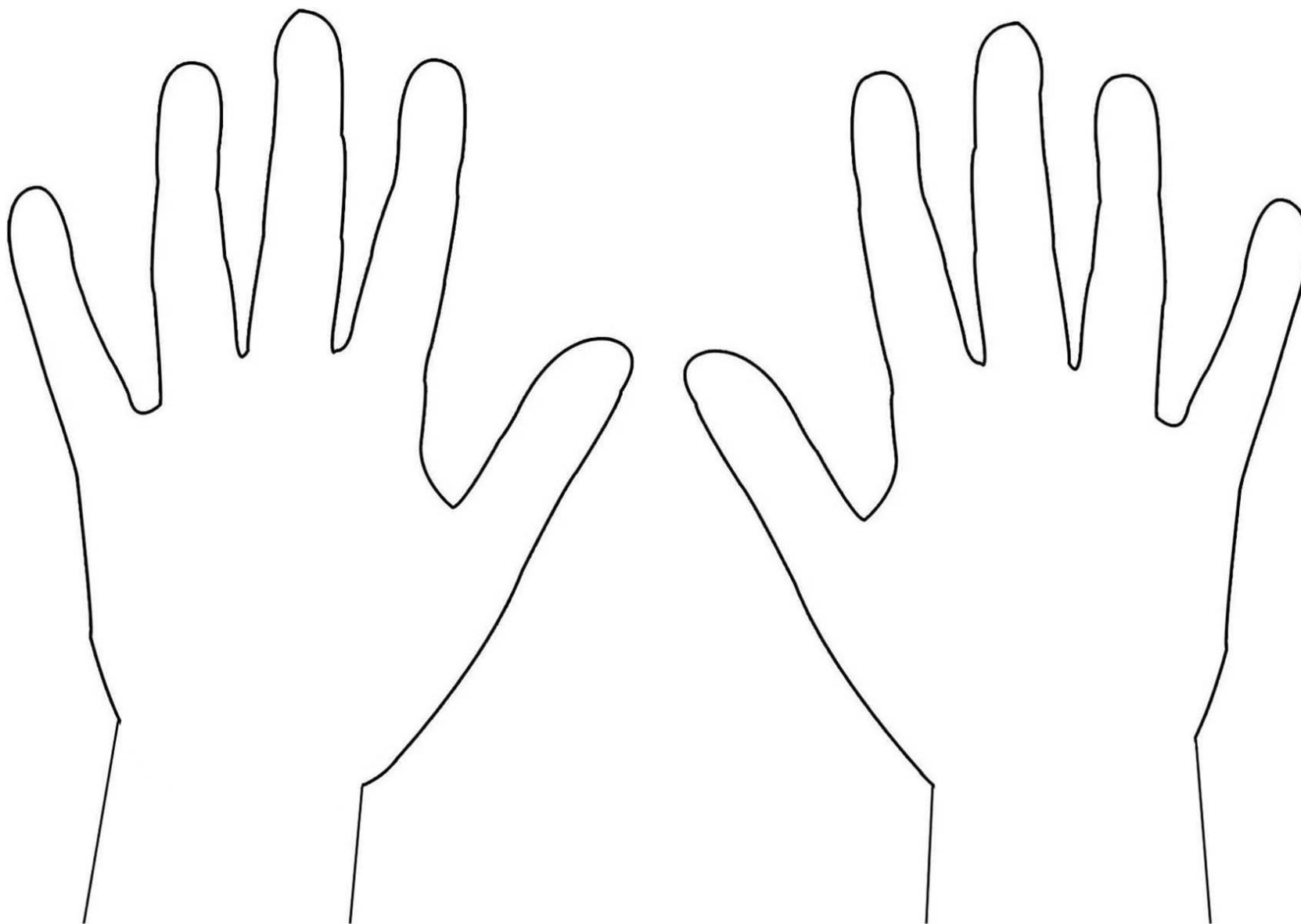
1. Starting with the left hand, think about your past, maybe your birth or your first memory or milestone.
2. Think through the important parts of your life, what colour are they? Do they need words or pictures to explain what happened or how you felt?
3. Keep adding to your left hand until you reach today.
4. Moving to your right hand, think about what is happening for you now and/or what you would like for your future.
5. You can create this to have the same style as your left hand, or you might want this to look completely different.



☀ *Be kind to yourself, if things are too hard to share or think about choose carefully if you want to include them or not. Give yourself time after creating the piece of art; you may stir some emotions, memories or triggers that could leave you feeling vulnerable or needing time to process.*



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Belonging Contribution Being Someone Sharing Ordinary Places Choice and Control

*For more information about how we could work with you please contact:
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