

Line mapping

3 steps to the activity realisation



Step 1 – preparation phase

For this activity, you will need to supply the young people with a pen and paper.

Step 2 – activity phase

Ask the young people to think about something they would like to achieve in the near future. Set a time goal of a week or a month for them to monitor and achieve this goal. Support them to create a timeline for the next week to visualise how they will achieve this, including action points throughout which they can refer to or check off as the week progresses.

For example, the young person may say they want to spend their time outside of school more positively and develop positive role models. An action point for this may be to join an afterschool club. Then the next action point may be identifying already existing positive influences in their lives such as friends, family, or activities they already enjoy.

Step 3 – wrap up phase

Encourage the young people to reflect upon what they have written as their goal and their action points for achieving the goal. Ask questions from the answers they have written such as:

- V Why is X a positive influence in your life?
- V What do you want to gain from meeting other positive influences?
What kind of behaviour do you want to learn from others?
- V What is it about your current behaviour that you think needs to change?



Type of activity:
Life-line mapping

Value of the activity:



Timing:

Preparation: 5 min.
Implementation: 15-20 min.
Checking learning progress: 10 min.



Activity follow-up:
N/A



Other value case box components: Follow up regularly with the young people to see their progress. If needed, offer some motivational messages and point out the achievements they already made.



Value quoted:

Your notes:

- V ...
- V ...