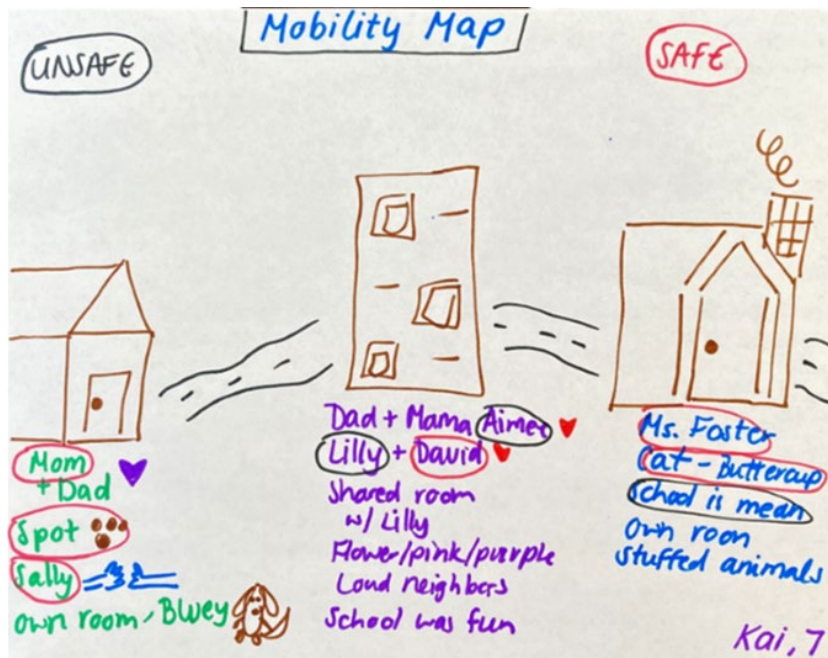


Instructions

Create a **Mobility Map** to map out the important people, places and things in YOUR LIFE.

Going through this process provides you with an opportunity to think about where you came from, rediscover the important people and places from your past and identify personal stories of family and friends, places frequently visited and favorite memories.



1. Grab writing tools and paper from the room.
2. Review the **questions** on the next page and start drawing.
3. Use a different color marker to put a checkmark next to the people who make **YOU** feel safe. Would you like to reconnect with any of these people?
4. Repeat this process with a different color marker to identify the people who don't make **YOU** feel safe.
5. What five things are missing in **YOUR LIFE** right now. This can include people, places, things or unanswered questions.
6. What are **YOUR** top five needs? Place a number next to each need in order of importance with 1 being the most important and 5 the least important.

Questions

To get started, use these questions as your guide.

- Think back as far as you can in your life. Where was the first place you remember living?
- What did it look like?
- Can you draw it on the paper?
- How old were you when you lived there?
- Who lived there with you?
- Can you draw them on the paper?
- What were their names?
- How old were they?
- Do you remember your neighbors?
- Can you draw their houses?
- What were their names?
- Did you know them well?
- What school did you go to?
- Did you ride the bus?
- Did you have a favorite teacher?
- What was their name?
- Can you draw the school and your teacher in it?
- How about a favorite coach or other school people?
- Did you go to church or other religious services?
- Can you draw the place you went to?
- What did you do for fun when you lived there?
- Did anyone come to visit often?
- Did you visit anyone?
- Where did you live next?
- How old were you when you moved?
- Who lived with you in this place?
- Can you draw them and the house and their ages?
- Can you repeat this step for each place you lived?
- Who in the family would know relatives' last names?
- Who planned family reunions or events?
- What foods did you eat and did anyone have an accent?
- Do you remember any landmarks or street names?
- How big is your family?
- What are some fun memories or stories?
- What social media sites do you use?