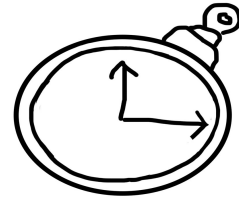


ILLUSTRATED TIMELINES

A timeline is a FAMILY PROJECT!



Creating a time line can help show how we move in ..and OUT of great times and hard times! In fact, chances are that each of our families has had alot of those ups and downs.

Get the family together! This is a group project.

Decide what your time line will be about.

It can be one person's lifetime OR go back genrations and show mom or dad being BORN!

(Remember; you can make more than one!)

Make a list of all the things you want to show on your timeline.

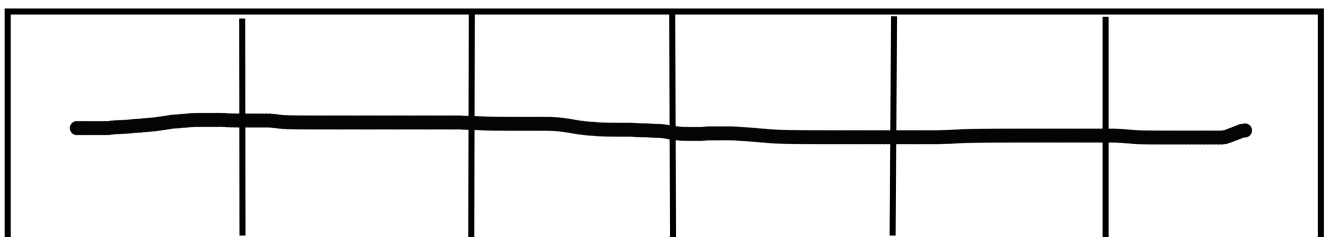
This could include births, deaths, starting school, getting a pet, a World Series or even 9/11. It is important to include both good and bad things.

Tape together 5 or more peices of paper horozontally.

Draw a LONG line along the middle of the long paper.

Divide the line in segments with smaller perpendicular lines and lable the demarkations with your events.

ILLUSTRATE it! Make pictures along the timeline (above and below)



TIMELINE

VARIATIONS to a TIMELINE:

- * Change the time line to a mountain range, going up and down!
- * Make drawings of your family on separate paper, cut them out like paper dolls and place them traveling along the timeline.
- * Draw ANOTHER Line parallel to your time line to show what people were FEELING- as the events on the timeline were happening. Feelings can be shown with colors or emoji type faces!

SPECIAL FOR COVID-19

A COVID timeline creates a narrative of what has happened. This is especially helpful in processing feelings about the pandemic and staying inside.

Begin:

Ask where people want to start? The first time you heard of "The Corona Virus?" Include school closures or big changes in lifestyle. Again; illustrate the timeline. and add second line to show feelings!

WITH ALL TIMELINES;

Remember; a timeline can be as long as you want, as detailed as you want. There is no right or wrong!

When you are done with your timeline. STAND BACK FROM IT! Notice patterns. Do good times follow bad times? Is one emotion predominant? Describe the timeline just as you see it.

Neutral comments such as: "Wow, we have been through alot." are usually helpful.

Timelines are opportunities to teach about your family's journey! And remember; our current challenges are part of that journey!

