

MAPPING YOUR SUPPORT NETWORK

Mapping Your Support Network

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Goal:

Use art and design to create a map of people, places and things that are important to us.

Guiding Question:

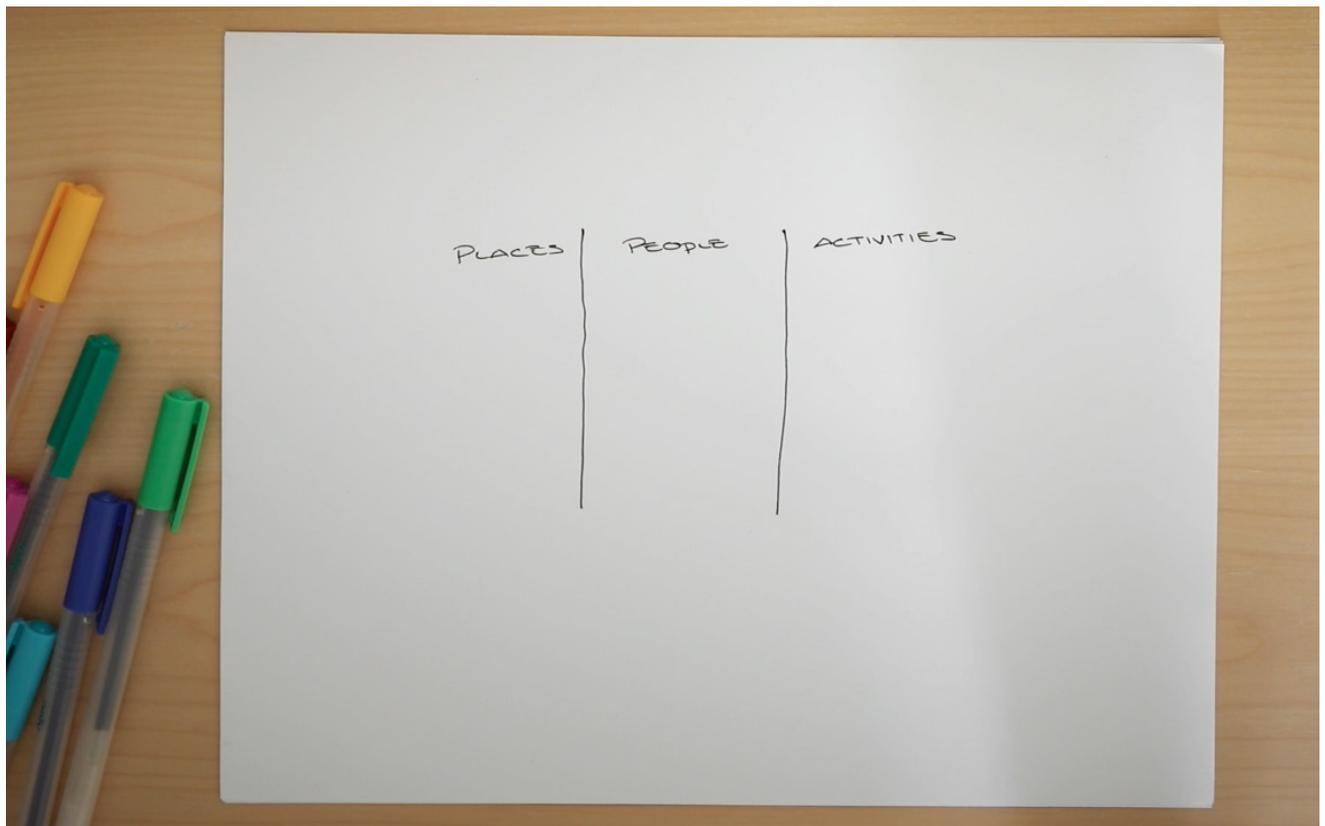
What does support look like?

Materials:

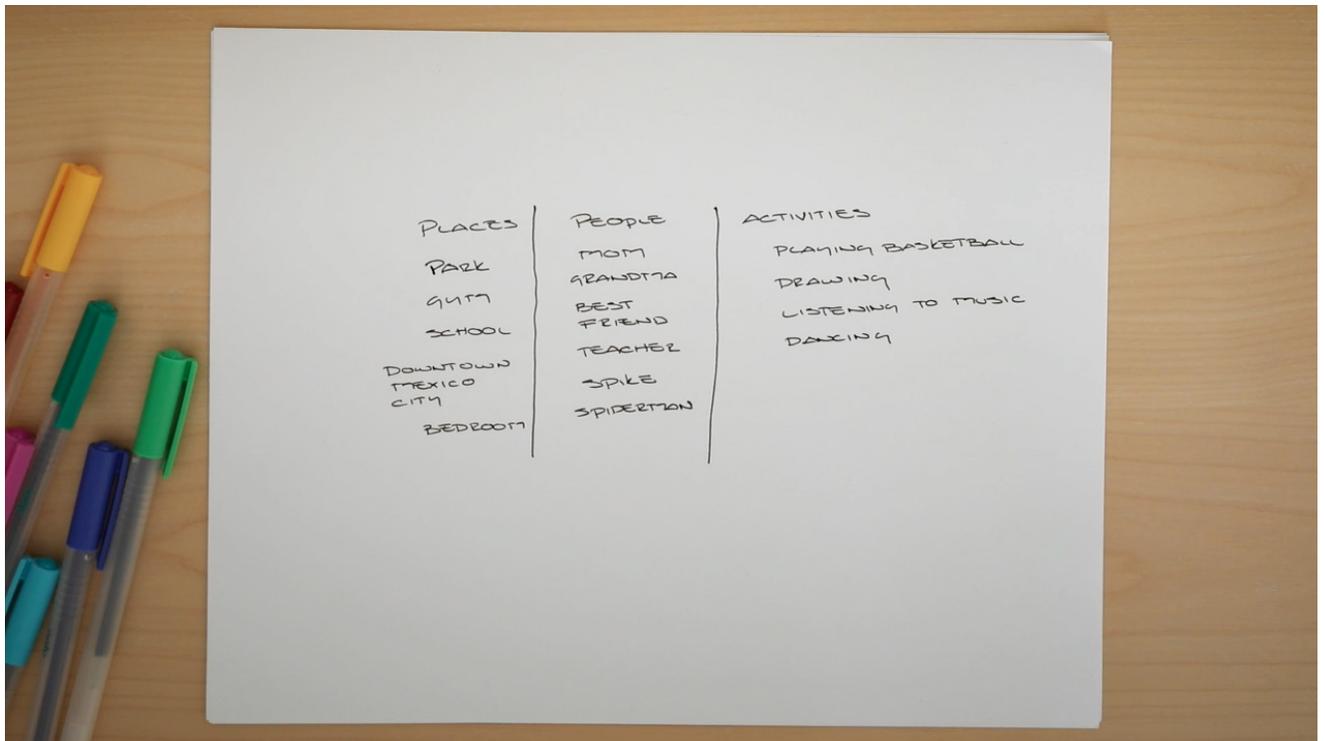
Paper, Pen, Markers (optional)

Steps:

1. On a piece of paper, draw three columns: places, people, and activities



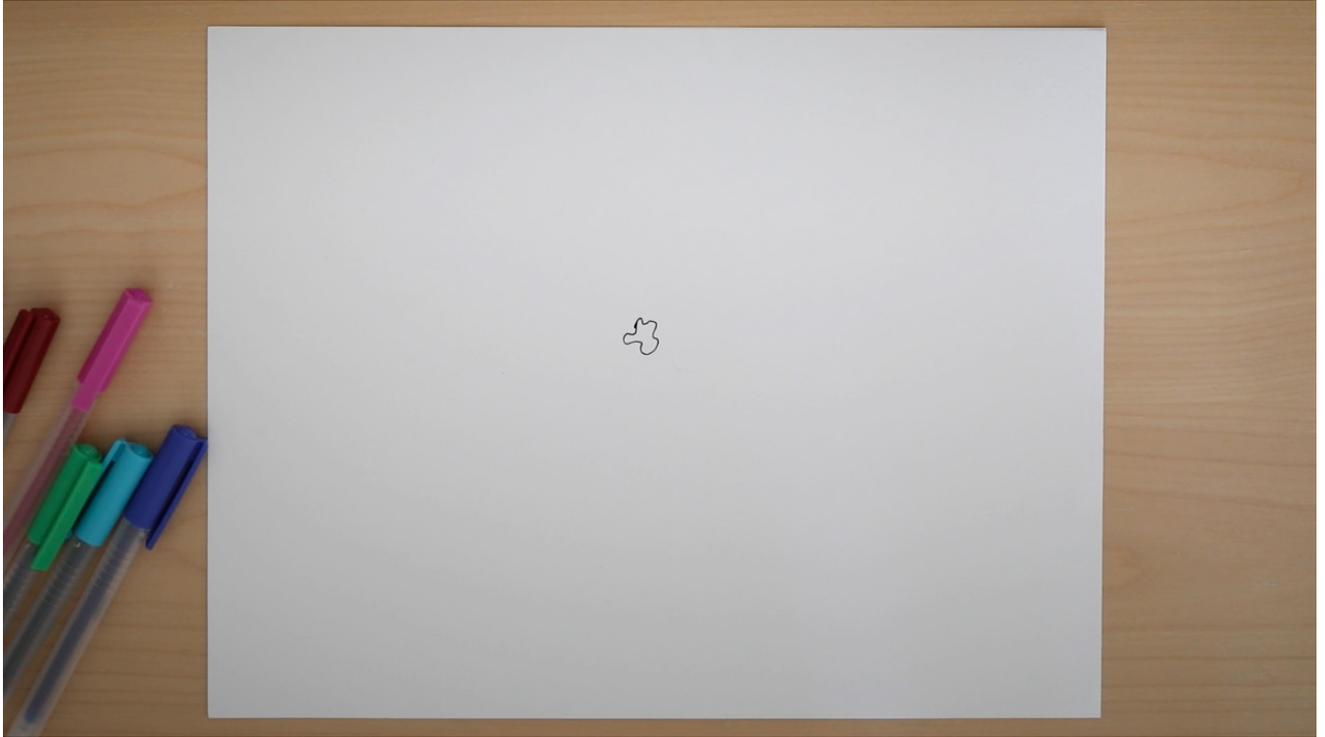
2. For each column, write down the places, people, and activities that are important to you.



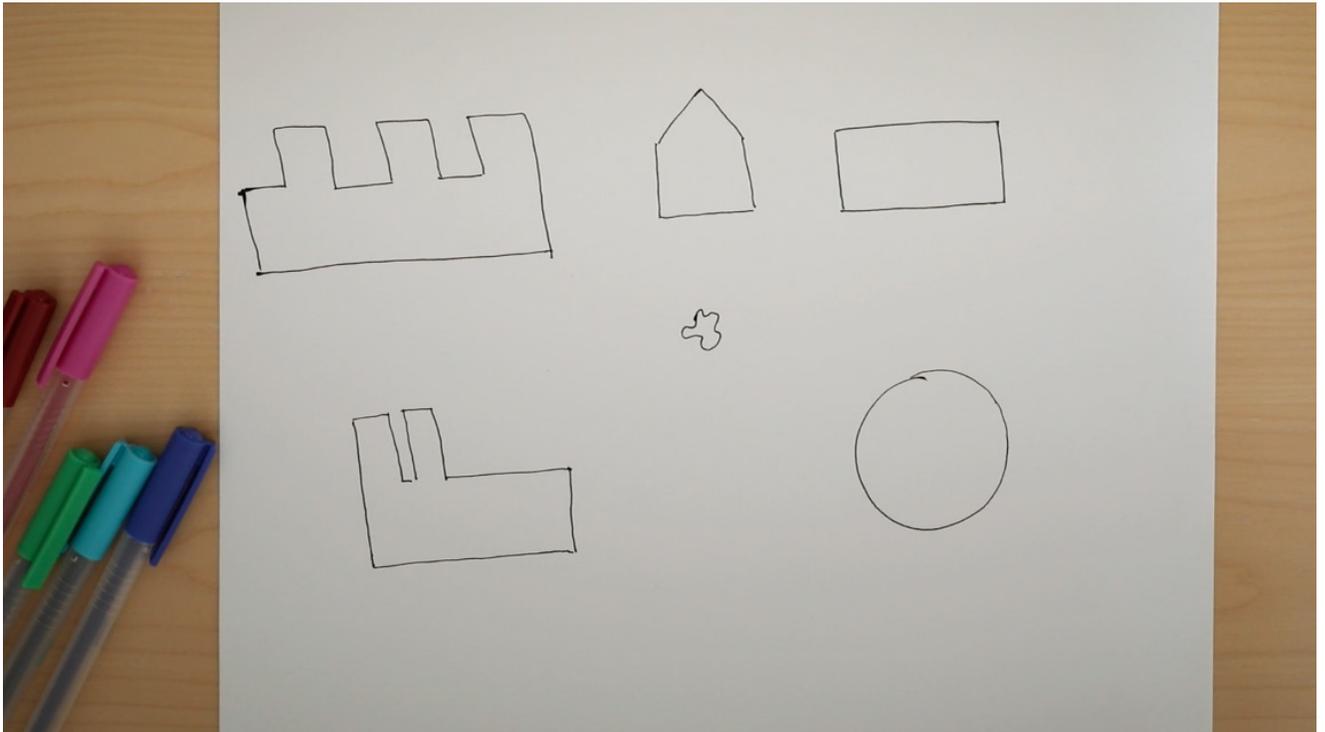
3. Assign a shape to each of the places, people, and activities. This will become your map's key. Tip: keep these shapes simple so that they're easier to re-draw!



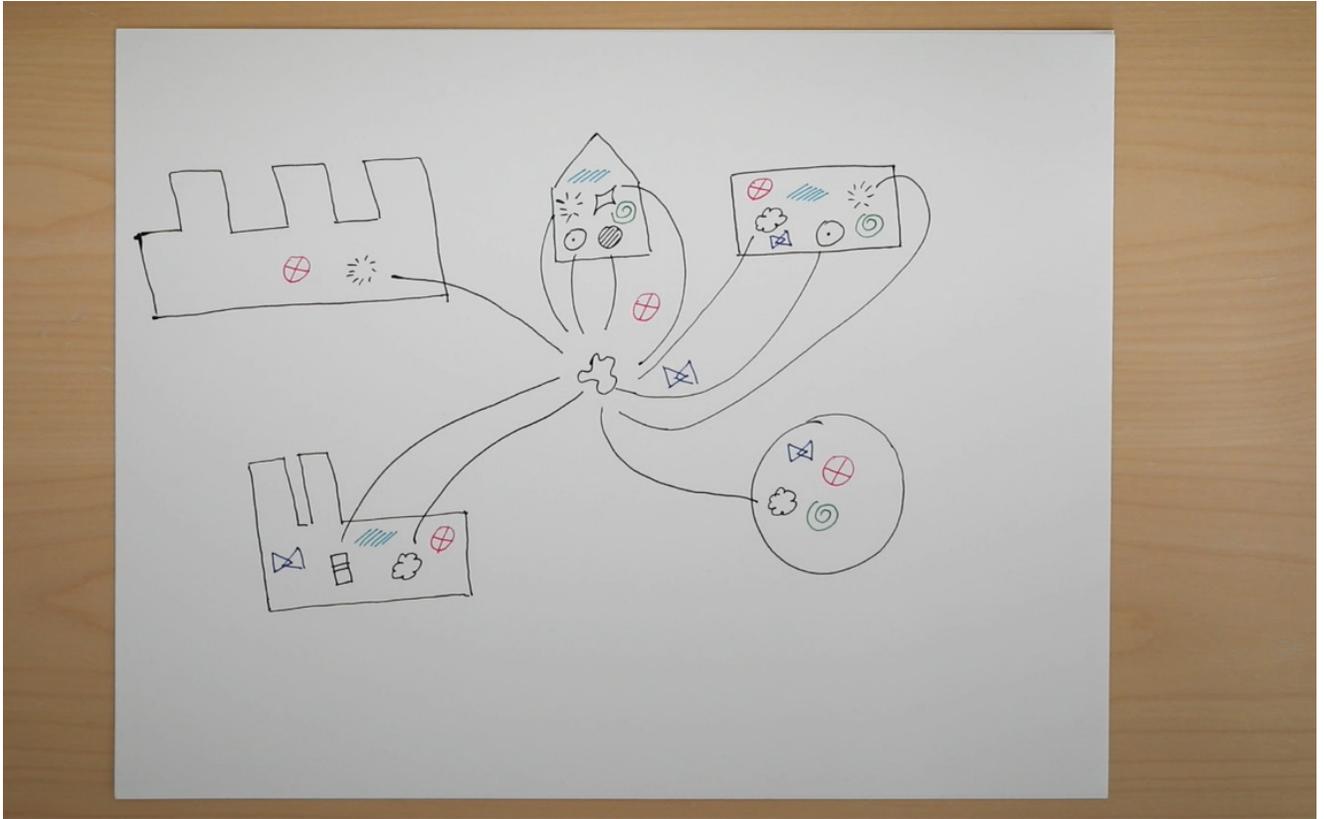
- 4.** Draw a shape that represents you at the center of a piece of paper.



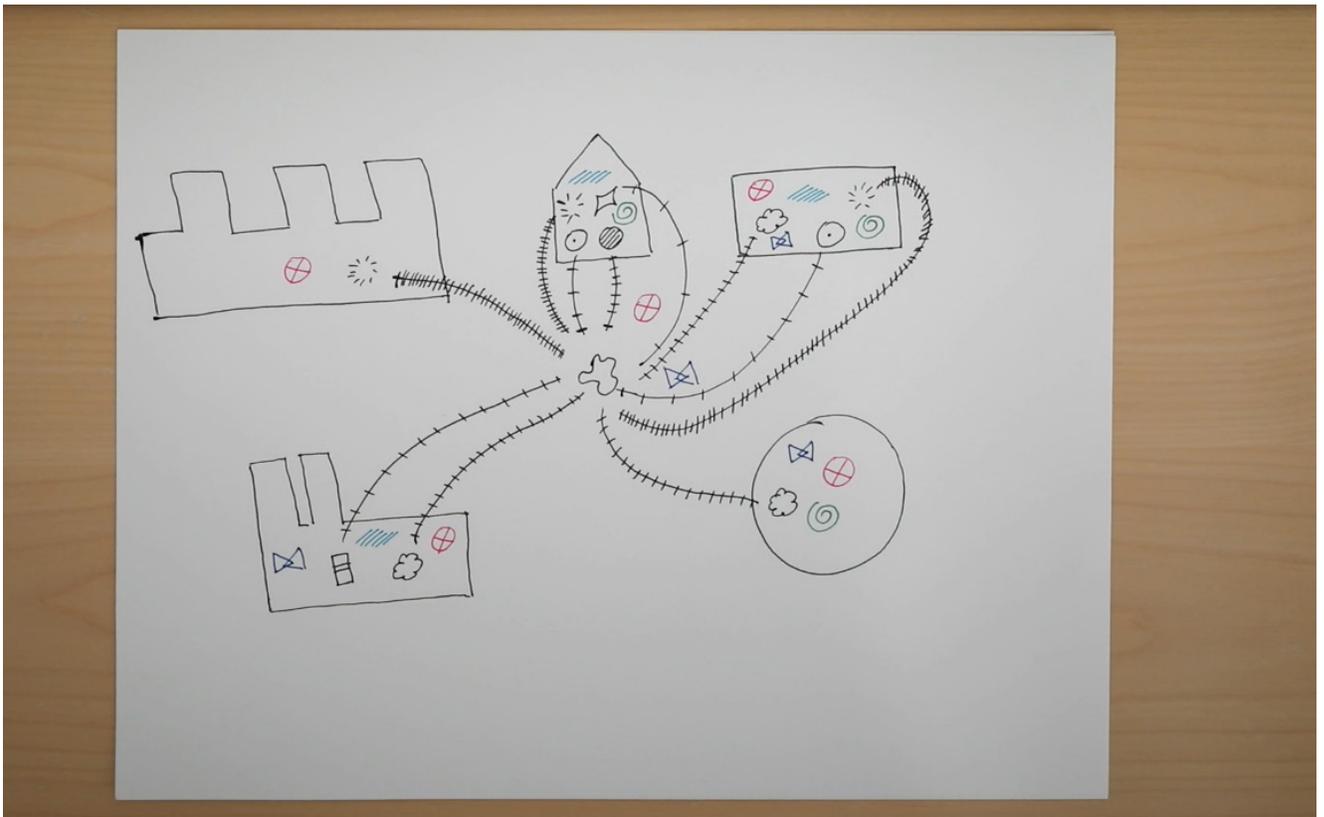
- 5.** Draw the shapes of the places from your list. Make them big!



8. Draw a line to connect yourself to the people that support you.



9. Draw a series of small lines cross the long lines. More small lines means that this person gives you lots of support!



10.

Reflect: What does your support network look like? How strong are the connections?

Go Further!

Get creative and have fun! Experiment with different kinds of designs and symbols for your map! Here are some examples of maps from other students.

