

Memories of my family:
Draw/write yourself in the
centre circle at a particular
age.

Add the people who lived in
your home in the second ring,
close family members in the
next ring and the wider family
in the final circle. Feel free to
use the outside space for
additional relatives who
perhaps feel further removed
from you.

Where I used to live:

Put yourself in the centre -
note your age and address.
Add the people you shared
your home in the next ring,
neighbours who lived in the
immediate vicinity (your
'patch') in the third ring, and
those you can remember from
the wider community in the
third ring and beyond.

