

# 12. Session Plan

## Autobiography

DO  
THINK  
SHARE

### Intro Activity

#### **You've got the moves**

Put some groovy music on and have a dance in your chair. Shake out your body; loosen your muscles and your mind. Wiggle your fingers and your toes! Have some fun.

### Main Activity

#### **Autobiography**

1. Think about an autobiography of your life. What key memories and moments would you include? How would you share these – just text or images too? What would the chapters be?
2. Pick one memory and just write. Set the scene for your reader and include all the senses.
3. Now organise your autobiography. Draw pictures to go along side your story or think of an existing image you could use.
4. If you're happy to, share your autobiography with the group. If you'd prefer, just share how the activity made you feel.

### Homework

#### **Just For You**

Spend at least an hour this week doing something just for you. Take a long soak in the tub, put on your favourite music, close your eyes or look out of the window. Do your favourite thing. And enjoy it.

64 Million

Artists

Artist No. 85

Sarah-Jane