

Personal Timeline

Purpose: To learn more about team members.

Explanation:

In Person or Via Zoom – All team members need a piece of paper. Coach provides if in person or team members get paper on their own. Tell team members to turn the paper horizontally and draw a line across the center. At the starting point of the line (on the left side of the paper), team members should put the date that they were born. At the ending point of the line (on the right side of the paper) team members should put the current date. Team members will then fill in between with significant and important events that have happened in their lives. Give team members a minimum number of events to include. Give 5 to 10 minutes to complete. While it is being worked on, play music in background. Once everyone has finished, go around and have everyone share their timeline. If together in person, go around the circle. If via zoom, coach calls on each person to go.

Additional Options

- If done virtually, can decide to allow team members to create timelines on the computer (using something like powerpoint, etc.) When it is each team members turn, they can use the screen share option on zoom to give everyone a closer look at their creation.
- Give team members guidelines. Examples:
 - X events should be dance related
 - X events should be about family
 - X events should be about school
 - X events should share unique facts about you
- Have team members keep track of one thing they learn about each person. Can share at the end.