



From Birth Till Death: Scrolled Life Stories

We invite you to spend some time reflecting on your own life story, and considering your unique place in the tapestry of our community.

Inside this leaflet you will find your very own scroll to draw and design through with any symbols you choose.

If you are happy to share a photo of your scroll on social media please tag your photo #scrolledlife so we can all connect online!

Step by Step Guide

- Take a moment to remember key things in your past and imagine your future. Choose six for your scroll.
- Design a symbol for each life moment. Symbols are simple ways to say something without drawing a whole scene. Invent new ones and combine ones you know.
- Here's some prompts: what's your earliest memory? what did you love as a child? what about now? what was difficult but helped you grow? what adventures have you had? If you could wish for one thing what would it be? What does the future hold?
- Don't forget to ask yourself: What would be the ideal ending to the unique story of your life?
- Just have fun, don't judge your skills, be inspired by the work around you. Borrow ideas from what you see.
- Ask for help: staff will be around at select times to help you create your life scroll.



**Life Stories
Activity Sheet**