

Our World of Experiences

activities



In the circle, add the things — big and small — you love in your universe.
Allow your senses to remind you of what they might be: smells you enjoy and certain tastes.

What do you love to touch?

What are your favorite sounds or music.

What do you love to see or watch?

What foods do you like to eat?

Who do you like to be with?

What do you like to do together?

Add **big** things, too: For example, Martin Luther King, Jr.'s "I Have a Dream" speech, public transportation, health insurance.

What moves you to shout?

What brings out your anger? Why would you yell, "Stop!" at someone? Or shake your fist in the air?

What will you miss when it's gone?

What seems like magic and a little mysterious to you?

What makes you cry?

Somewhere on the page add shivers and fears.

Somewhere on the page add things that cause pain.

Somewhere add the firsts in your life (First bike, first friend, driving the car)

Somewhere add the lasts of your life (I will never...be five again, see my grandmother, have baby teeth)

Somewhere add your favorite pair of shoes. What do they look like?

Add three daily rituals (brushing my teeth, eating breakfast, walking the dog)

Add any scars acquired, sick fevers and near misses.

Where do you find comfort when you feel bad?

What do you avoid at all costs?

Is there a place for fog and snow, fire and ice? Windstorms and floods?

Add one rule about anger.

Add one rule about love.

Our
World
of
Experiences



Our
World
of
Experiences