



River of Life

How it works

Imagine your life as a river, which roughly corresponds to the chronological order of events in your real life. For example, the river can be calm and straight, or perhaps bubbling during the good/happy times. The river might then wind itself around large, imposing rocks that could represent obstacles you've faced. Think of relationships or key moments with your family and friends, or encounters with people who are different to you. A major bend in the river could represent a major life change, such as moving away from home. A waterfall could represent those times when you feel like you lost control and were caught in a downward spiral.

Think also of your river in terms of some key moments in South Africa's history, and in terms of significant encounters with 'the other' (whatever that may mean to you).

Spend time drawing your river.

Once you've done this, choose four key moments – good and bad – that have shaped who you are today. These you'll share when telling your story.

