

Ecomap

Aim: To help build participants sense of security

Outcome: Participant will identify important people in their life

Materials: Worksheet; pens/pencils

Time: 30 minutes



Activity:

- Give each participant a copy of the worksheet
- Ask each person to place their name in the middle of the worksheet
- Encourage them to identify important people in their life, e.g. parents, brothers, sisters, teacher etc., in the circles
- Draw lines between the circles where connections exist using the different types of lines indicated in Facilitator Note
- Discuss with the group the people they have put in the circles and why
- Encourage participants to keep this sheet in a safe place where they can refer to it if they need to remind themselves of people they can go to for help or support.

Facilitator Note

Funded by