

THE HOUSE THAT SHE BUILT

Building Me

Age Recommendation: 13-15, 16+

Object: All parts of a house are important and unique just like you! Draw a house using words and answers that represent who you are.

Materials: Paper & Drawing Utensils

Instructions: The foundation is what keeps a house standing. In the foundation, write a word that represents who you are.
Ex. Strong, Resilient, Creative, etc.

The walls frame the house. On the walls, write ways that you can support your foundation.

The roof gives you shelter. On the roof, write the people and or organizations that make you feel protected.

The chimney releases smoke from your fireplace. On the chimney, write or draw something that helps you relieve stress.

The door allows you to go in and out of the house. On the door, write something you are looking forward to in the future.

The window brings light and allows you to look out. On the window, write something you are proud of and would like others to see.

Processing Questions:

Reflect on all of the words you wrote down in your house...

What does your dream life look like?
How can you use these words to build your future and be the best version of yourself?

What words are qualities that you admire most about yourself?

