

5 Hot tips on well-being // Map the road to your future // What did you feed yourself today? // Make your mix // MoJournal and Mood Meter // **Map your social tree** // Where is my info? // Word exercise //

Living Profiles

This probe was developed at Art Center College of Design as part of Project HealthDesign, a national program funded by the Robert Wood Johnson Foundation. Additional information is available at www.livingprofiles.net.

This probe is licensed under Creative Commons. Please visit www.creativecommons.org for usage details.



Map your social tree

How to use probes

Map your social tree

How to make your own

How to make your own

REQUIRED MATERIALS

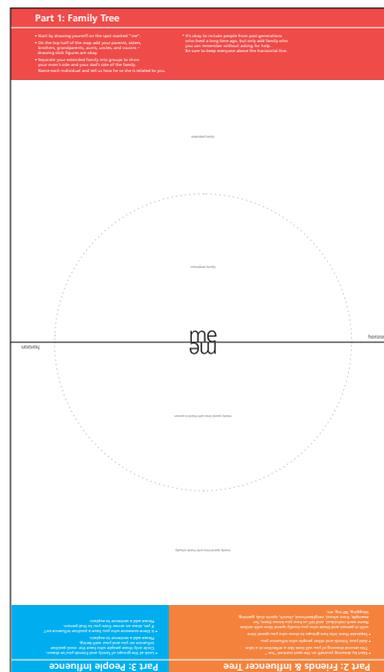
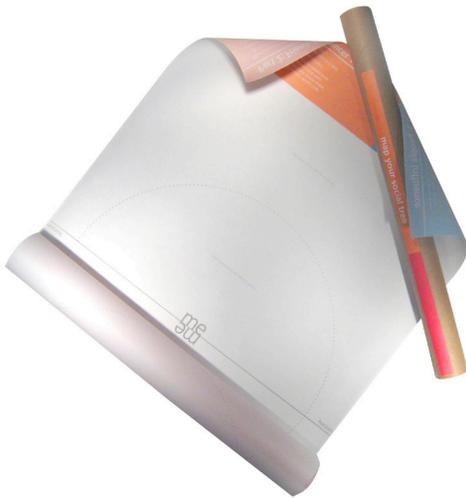
- 4 sheets 11" x 17" paper
- Exacto knife for trimming paper
- Tape to adhere printed sheets together
- Cutting surface

STEP 1 Download socialMap.pdf

STEP 2 Send to print.

STEP 3 Trim each page to artwork (there will be overlap)

STEP 4 Tape pages together to create one poster, as shown



Size 19" x 33"

User instructions

TOOLS

- Markers or pens (assorted)

PART 1. FAMILY TREE.

Start by drawing yourself on the spot marked “me.” Add your parents, sisters, brothers, grandparents, aunts, uncles, and cousins – drawing stick figures are okay. Separate your extended family into groups to show your mom’s side and your dad’s side of the family. Name each individual and tell us how he or she is related to you. It’s okay to include people from past generations who lived a long time ago, but only add family who you can remember without asking for help. Be sure to keep everyone above the horizontal line.

PART 2. FRIENDS TREE.

Now turn the paper upside down.

Start by drawing yourself on the spot marked “me.” This second drawing of you will look like a reflection in a lake.

Add your friends. Separate them into two groups to show your friends who you spend time with in person and those who you mostly spend time with online. Name each individual, and tell us how you know them, for example, from school, neighborhood, sports club, gaming, blogging, IMing, etc.

PART 3. PEOPLE INFLUENCE.

Look at the groups of family and friends you’ve drawn.

Circle only those people who have the most positive influence on you and your well-being. Please add a sentence to explain.

Is there someone who you have a positive influence on? If yes, draw an arrow from you to that person. Please add a sentence to explain.

Map your social tree

Kit of parts