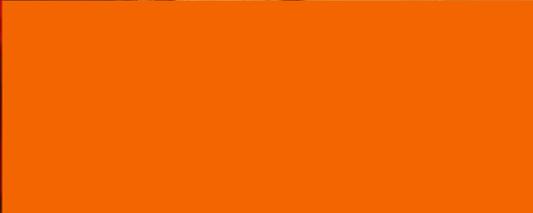


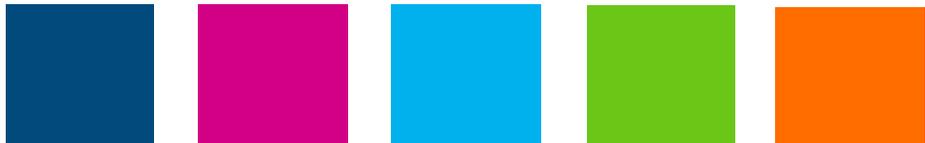
# Columbia Basin Alliance for Literacy

*Creating strong communities through literacy and learning!*



# Your Life in Lines:

## Fostering Belonging Through Literacy



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# CBAL's Vision

Columbia Basin and Boundary community members value lifelong learning and have the literacy skills needed to be successful in their homes, communities and lives.

To learn more about CBAL, visit [cbal.org](http://cbal.org)

# Together, We Will ...

1. Explore the *Circle of Courage* youth development framework.
2. Learn about the youth writing program *Your Life In Lines*.
3. Participate in creative nonfiction and journaling writing activities.



# Our Hope Is That You ...

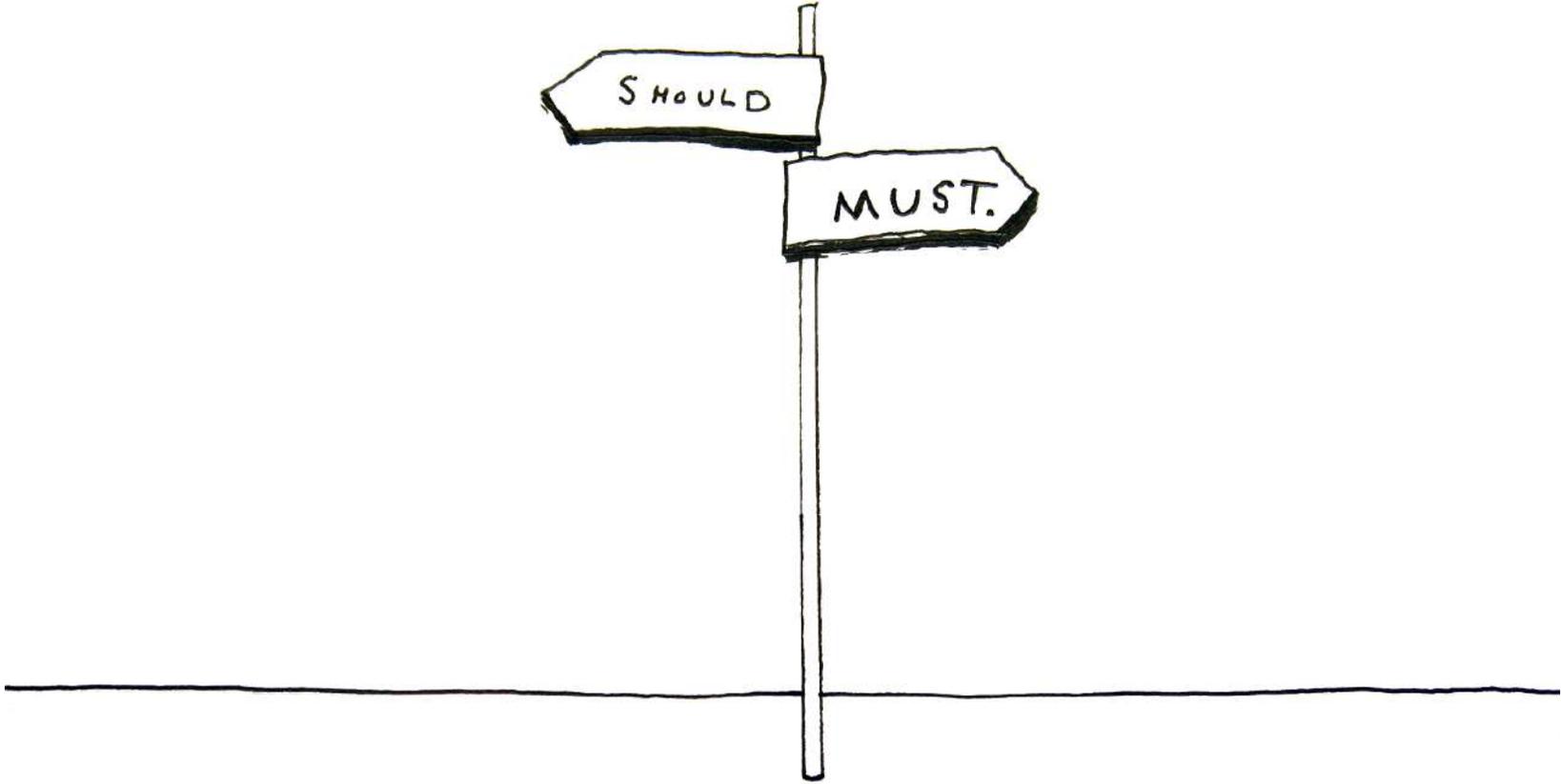
- Understand how *Your Life in Lines* addresses belonging through literacy.
- Experience how social and emotional literacy can be cultivated through writing.
- Feel supported with facilitating your own youth programming.



What is your biggest fear or curiosity when working with youth?



# Who Am I?



# How Did I Get Here?



## 'Ataraxia' exhibition empowers Hamilton youth through photography

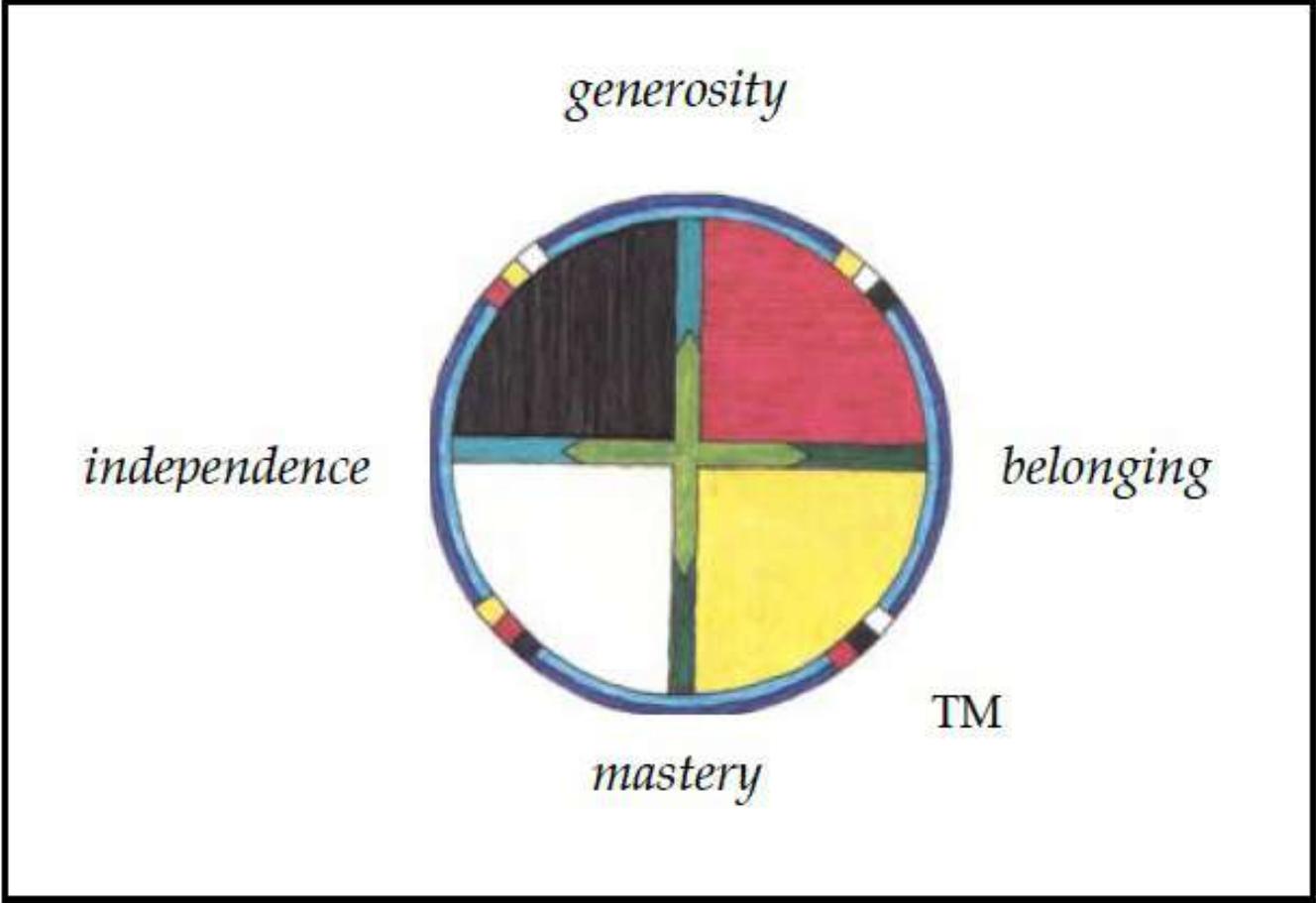
Posted on Wednesday, October 31, 2018

After completing Zeal's [photography course](#), rangatahi celebrated their newfound skills with an exhibition at [Creative Waikato](#) this October.

"Young artists capture 'Gusto' through photography in Hamilton"



# The Circle of Courage



# Your Life in Lines

The most powerful story you can write is your own.

The most important relationship you have is with yourself.



# Program Objectives

- To learn and practice new writing strategies that support self reflection and self inquiry
- To provide an opportunity to connect with others
- To use journaling and personal writing as a tool to develop emotional literacy



# What Skills Are Enhanced?

- Writing
- Social literacy
- Reflective thinking
- Designing and drawing
- Emotional literacy
- Creative thinking
- Critical thinking
- Brainstorming tools



# Program Kits

“I liked that I was provided all the materials for the workshop, it made it easy to keep organized.”

- Program Participant, 14



# Youth Testimonial

“I loved how friendly everyone was, and I really felt like I could relate well to the prompts. After each class I felt very relaxed and accomplished and glad that I did the course. I had lots of fun!”

- Program Participant, 15



# Writing Yourself

1. Check-in: Community Agreement & Pit and Peak
2. Activity: Freewriting
3. Discussion: What makes us who we are?
4. Activity: Mind Map
5. Activity: My Honest Poem



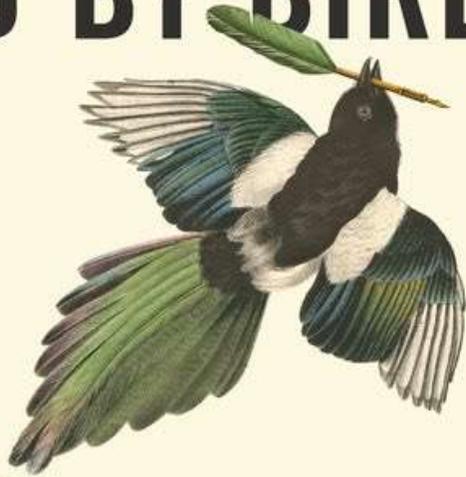
# Community Agreement & Pit and Peak

- Challenge by Choice
- The Vegas Rule
- The Circle Way



25<sup>TH</sup> ANNIVERSARY EDITION

# BIRD BY BIRD



SOME  
INSTRUCTIONS  
ON WRITING  
AND LIFE

# ANNE LAMOTT

*NEW YORK TIMES* BESTSELLING AUTHOR OF *ALMOST EVERYTHING*

“Writing can be a pretty desperate endeavor, because it is about some of our deepest needs: our need to be visible, **to be heard**, our need to make sense of our lives, to wake up and grow and **belong.**” - Anne Lamott

# Freewriting

- Keep your hand moving.
- No editing.
- Let go of proper spelling, grammar, and punctuation.
- Allow your natural voice to flow.

Prompt:  
What is your superpower?



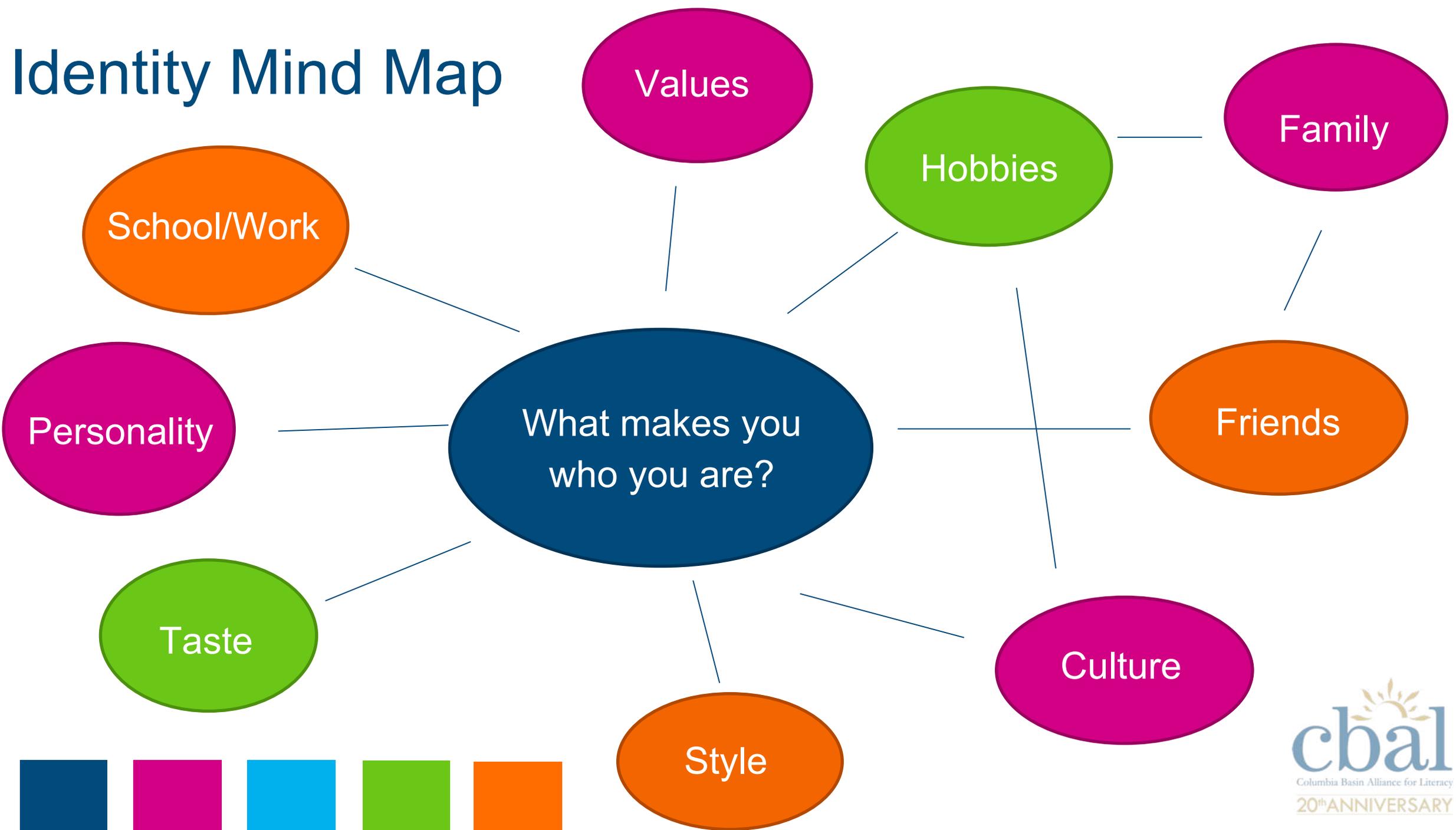
# Freewrite: We're Not Really Strangers Prompt



# What Makes Us Who We Are?

- Who am I?
- A key part of becoming who we are is storytelling.
- Writing can help us understand who we are, and share who we are with others.

# Identity Mind Map



# My Honest Poem by Rudy Francisco



# What Do We Explore?

Week 1: **Writing to Start** – An introduction to journaling and freewriting.

Week 2: **Writing My Story** – A journaling activity to begin telling stories about your life.

Week 3: **Writing Awake** – How journaling can help you to be awake and aware of the world around you.

Week 4: **Writing to Reflect** – Using journaling to reflect on important people in your life.

Week 5: **Writing to Feel** – Acknowledging, understanding and expressing our emotions through journaling.

Week 6: **Writing Myself** – A final creative writing piece about who you are.

# What Didn't Go Well? What Should We Consider?

- Age gap
- Trauma
- Zoom Cameras
- Inconsistency
- Unexpected topics
- Questioning the activities

# Advice for People Working with Youth

- Some days you won't feel like you've made a difference.
- Be honest about your struggle and your mess.
- Be the person you needed when you were a young person.
- Take care of yourself first.
- Be intentional with your words.

# Youth Testimonial

“It was really calming to just relax and write about almost anything, and during these lessons I have learned a lot about myself and connected with others in ways I’ve never thought of before 😊.”

- Program Participant, 15

# Thank You!

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