

Instructions for the sketching exercise "Places I've Lived" by Sarah Storteboom

Step one, draw a clockwise spiral.

Step two, where was the first place you lived when you were born? Starting in the middle of the Spiral draw a line for each year you live there. The lines can be perpendicular to the spiral and connected to the spiral on one end. If you lived in this place for less than a year, draw a dot instead of lines.

Step 3, if your family or caregiver owned or rented the place you were living, draw a bubble around all the lines or dot. Then draw a line for each year, or dot if less than a year, for the next place you lived and so on working your way around the spiral.. Carry on putting a bubble over the places you lived that you owned or rented. If you didn't have a place to live, lived in your car or stayed with a friend you can put a line over those time periods instead of the bubble. If you moved cities, draw a bubble connecting the place you moved from and the place you moved to on the other side of the Spiral. If you moved countries, fill the bubble in.

Step 4, now we're going to add color. Make sure that the color you use is light enough that you can still see your lines and dots when you fill in the bubbles. Fill in with one color the places that you lived with parents or family or caregivers, and with the other color, places you lived as an independent adult. Pick two more colors, use one of them to trace spiral with a thick line the places that your parents or family or caregiver owned and with the other color places that you owned.

Now your data sketch is complete, what do you think? When you look at this do you see patterns or chapters in your life? Did one part of the Spiral affect another part? If your parents, siblings or children were to do this exercise would it be different or similar to yours? What do you feel when you look at this spiral? Does it make you feel proud, frustrated or something else?