**Individually:**

Take 5-10 minutes to draw your family tree. This forms the basis of your later discussions, but need not be shared with the group. Add branches as required.

![Family Tree Diagram]

**In pairs:**

- Imagine you are telling a stranger something about each family member as you write their name on the paper.
- In pairs discuss whether this exercise provoked any particular feelings in you.
- Discuss how you could take account of this in your practice in future.