



Me at Ages Seven and 14

Name: _____

Directions: Follow the steps below to create written and visual profiles of yourself at ages seven and 14.

Written Profile

1. On a separate sheet of paper, record specific facts about your life at ages seven and 14. For each age, consider questions like: Where did you live? What was your family like? Did you have a pet? Did your family go on any vacations? What school did you go to? Who were your friends? What kinds of things did you like to do? What kind of job did you want? Do you still have the same friends?
2. Ask family members or friends who knew you at ages seven and/or 14 what you were like. Write down any details and stories that they remember.

Write “Me at Age Seven” and “Me at Age 14” profiles (one-two pages each) that incorporate information gathered in the steps above. Attach your notes to your completed narratives.

Visual Profile

3. Collect a few photographs (school picture, shots from a family vacation, etc.) and other objects (report cards, awards, a recital program, team picture, art projects, postcards, schoolwork, etc.) that represent things that happened when you were ages seven and 14.
4. Research facts and headlines that give historical context for the years in which you were seven and 14 years old. Who was the President? What major news events happened that year? What music and movies were popular?

Create collages for both ages that creatively display items collected in steps three and four.