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family milestones	year	events
Indicate personal date related milestones		Indicate points of interest: eg. notable world events, entertainment news, monetary value of items etc. corresponding to your personal timespan

Use the timeline as a prompt to help focus on major family milestones or events in an interesting and creative way.

Firstly, write the year of birth of the person's timeline that you are completing into the year column. Decide on the time frame that you are planning to work to, this could be a person's life or it could be your life up to your current age etc. In descending order, fill in chronologically the key personal events e.g. start school age 7, 1965. Keep all your personal details left of the central timeline. Keep the year in the centre column and your age together with the description of the event in your life on the left.

Then across the page corresponding to the years that you have listed, write in notes on some major notable news events or facts from life at those times. A big world news story, entertainment, music or sport etc. or an illustration of prices at those times. You could quiz your friends or family about this part of the sheet and ask them questions about those times. You can relate some of the noted times to your stored memorabilia. Another idea for the timeline is to write down in the centre column the year 10 years ago, then 20 years ago and then every 10 years going right back to 100 years ago. Then on the family milestones side of the sheet (left) write what you know about your family circumstances in that time and on the events side (right) write down what was going on in the world at that time to correspond to those dates.

For more ideas on using the timeline or downloading extra sheets please see our website, or you can simply make your own using lined paper and a ruler and pencil. Use the notes and memos sheet to read your stories.

