



Who is important in  
my life?

## EXERCISE 1



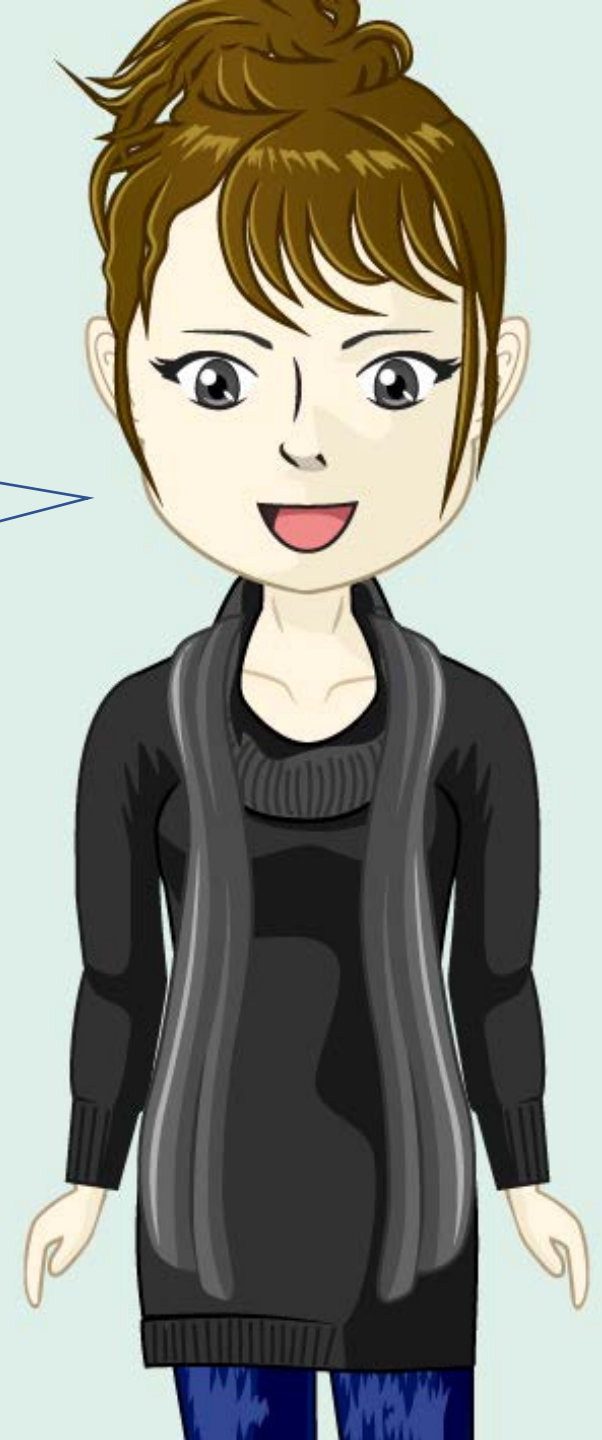
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Hallo! My name is Ella.

Today we will do exercises  
to find out who has been  
important to you  
throughout your life.

But first, I would  
like to tell you the  
**life story of Sam**



This is Sam.

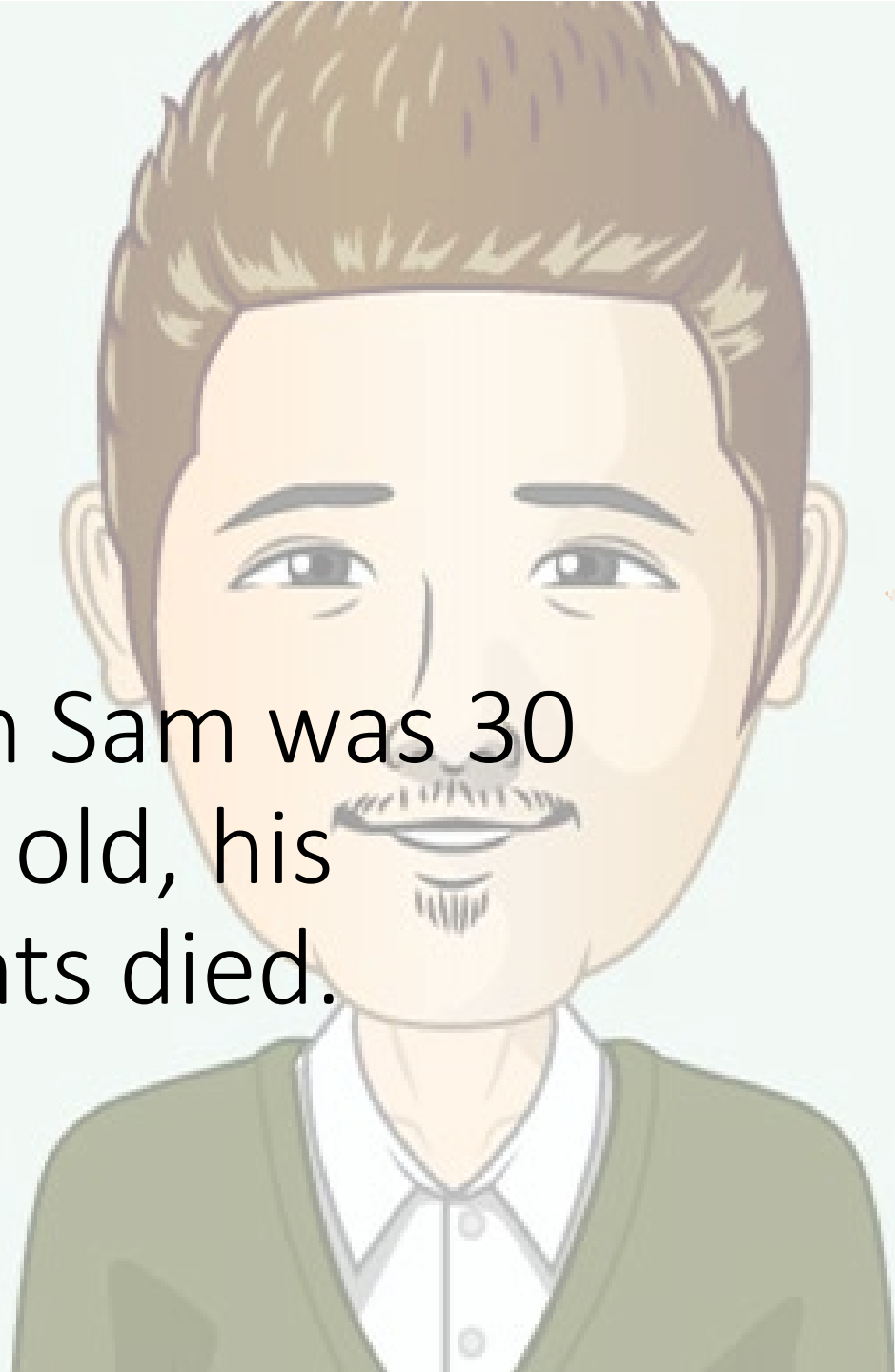
He is 67 years old.





Sam was born in 1954 and he lived on a farm with his parents and his brother Tony until he was 30 years old.

When Sam was 30 years old, his parents died.



Sam could not stay at the farm alone and had to go live with his brother Tony and his wife Tessa.



One day, Sam had a big fight with his brother Tony





Sam decided to move away. He went to live in a group home. After moving to the group home, Sam has lost all contact with his brother Tony and his sister-in-law Tessa.



In this group home he met Sophie.  
He married her two years later.





He also met Jos,  
who became his best friend



When Sam was 63 years old, his wife died



Sam was unhappy at the group home. He missed his wife.

He also missed his best friend Jos who had moved to another city.





When Sam became older,  
he needed much more  
support.



Sam needed to move to a retirement home



HI SAM



At the retirement home, he meets his new care worker



Sam is happy at  
the retirement  
home.

But sometimes he  
feels lonely.



His care worker asks him to talk about his life and about all the people he has met in his life.



Together they make a collage of important persons Sam has lost contact with during his life.



His friend Jos

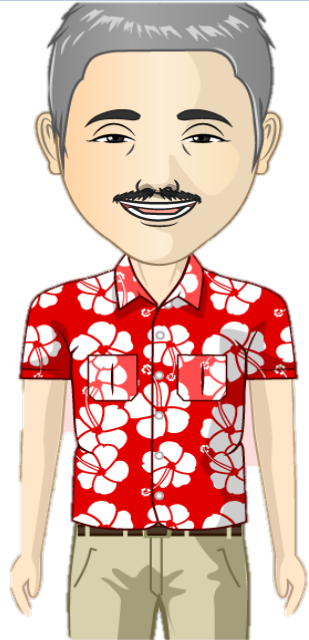
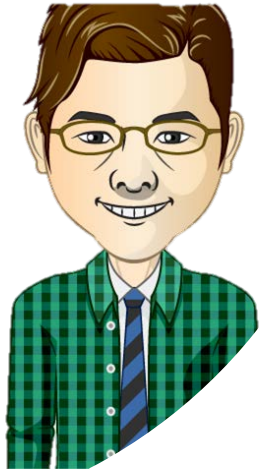
His sister in law Tessa

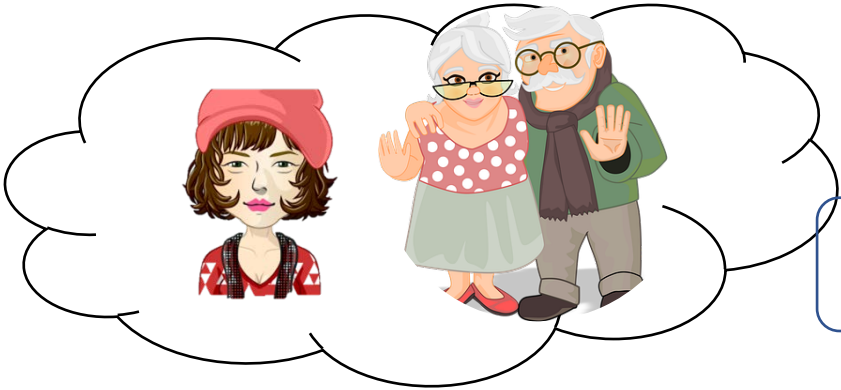
His neighbours from the farm



His brother Tony

His support worker from the group home





His friend Jos

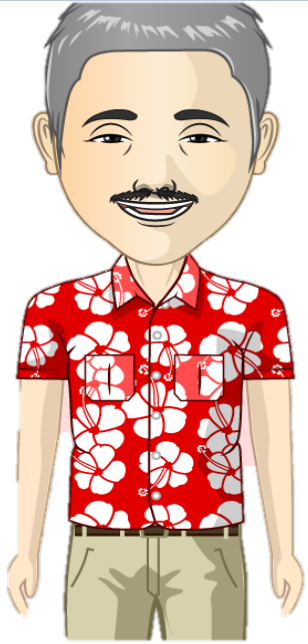
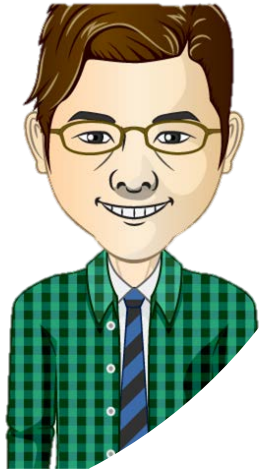
His sister-in-law Tessa

His neighbours from the farm



His brother Tony

His support worker from the group home





Sam would like to reconnect with all of them, although he  
thinks his brother is still angry at him.



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Activity 1

QUIZ



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During his life,  
how many times  
had Sam to move  
to another place?



Select the correct answer

3 times



1 TIME



2 TIMES



3 TIMES



4 TIMES



Why did Sam lose  
contact with his best  
friend Jos?



- ❑ Jos moved to another city
- ❑ Sam himself had moved away
- ❑ Jos died
- ❑ Jos had a big fight with his brother and lost all contact

Why did Sam lose  
contact with his  
brother Tony?



- ❑ His brother had moved to another city
- ❑ Sam had a fight with 'Tessa', his brother's wife
- ❑ His brother died
- ❑ Sam had a fight with his brother and moved to a group home

Why did Sam move  
to a retirement  
home?



- ❑ To be closer to his best friend Jos
- ❑ He needed more support
- ❑ His support worker had left the group home
- ❑ To be with his wife Sophie