## W.A.L.T.: Explore life as a journey

Please read these questions below and complete the activity. Feel free to discuss your answers with an adult before writing them on the lines provided.

'Life is a journey'
Have you heard of this expression before? What do you think it means?
This is a metaphor. A metaphor is a word, phrase or figure of speech that is used to describe something that isn't literally true.
Why do you think life can be compared to a journey?
What is a 'journey'?
Can you think of any other metaphors for life?
What different events might you be faced with throughout your life? We call these milestones. Think about milestones you have achieved and as well as ones you might experience within your lifetime.

ACTIVITY: Please create your own life journey. You can use the example attached or you can draw your own. Feel free to add colour and drawings if you wish.