

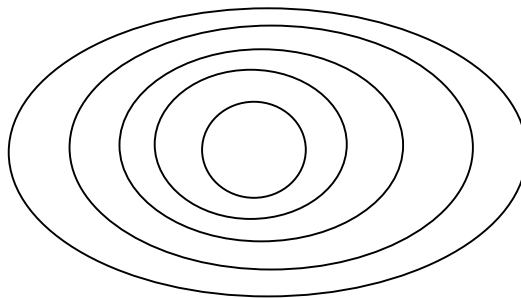
Rings of My Life

An extension of "Clams tell us about climate change"

Did you know that the rings on clam shells, tree trunks and even ice cores from glaciers can tell us about how their age as well as the changing environment they were in over the years? To find out more, read "**Clams tell us about climate change**" and "**Other natural time-keepers**" (page 8, *What's Up* January 2017). Then, follow the steps below to create a diagram of what the years of your life mean to you.

INSTRUCTIONS

1. On a large sheet of blank paper, use a pencil to draw concentric circles – circles within circles - representing the years of your life. For example, five-year-old Jo would draw five circles only. Jo's circles would look like this at this point.



2. Label each circle with a year of your life, beginning at the center. For example, in Jo's case, the innermost circle would be labelled 2013 and the outermost circle would be labelled 2017.
3. Make your circles like tree rings: thicken the lines for years that were your happiest. The happier the memories of a year are, the thicker it's circular line would be. Years with sad events would have thinner lines than years with happier events.
4. Just as ice cores have bubbles, draw bubbles within the spaces between circles. These bubbles stand for big events that took place during those years. Write in very small letters what each bubble stands for. Until this point, write and draw using only a pencil so that you can make changes easily.
5. Take a good hard look at your "Rings of Life" diagram. Does it reflect what your life has been so far? Adjust each line's thickness and add or erase bubbles until you are satisfied with your diagram. Next, go over your pencil lines, bubbles and words with a fine-tip marker. Now, your Rings of Life is ready to be shared with whomever you want to show it to.