

SIMILARITIES

1



Home 

SIMILARITIES

Mind

Body

Heart

Soul

“All men’s miseries derive from not being able to sit in a quiet room alone.”

Blaise Pascal

Reflection

Do you think this is about not having a quiet place to be alone? Could it be about not being able to sit quietly by yourself? Could it be both? Do you think there’s a difference?

Action

Write a note to yourself about wanting to be alone in a quiet room. Now write a note about feeling alone in a noisy room. Are there similarities and/or differences?

SIMILARITIES

2



Home



SIMILARITIES

Mind

Body

Heart

Soul

“Home is any four walls that enclose the right person.”

Helen Rowland

Reflection

Do you agree with this? Is a home always a place?

Action

In words or images, describe what home means to you.

SIMILARITIES

3



Home



SIMILARITIES

Mind

Body

Heart

Soul

“One of the oldest human needs is having someone to wonder where you are when you don’t come home at night.”

Margaret Mead

Reflection

Can you imagine being the person who is waiting at home? What about the person who is staying out for the night? Have you experienced one or the other or both?

Action

Write a script for a conversation between two people—one who stayed away from home for a day or two and one who was waiting at home. Change roles. Did this activity change how you thought about the quote?

SIMILARITIES 4



Home 

SIMILARITIES

Mind

Body

Heart

Soul

“Home is where you are appreciated, safe and protected, creative, and where you are loved - not where you are put in prison”

Nawal El Saadawi

Reflection

Do you think that living in a safe home protects your soul? What if home feels like a prison? Do you think it's possible to feel safe in prison?

Action

In words or images create a room that feels safe and protective. Now create one that feels secure but is more like a prison. What is the difference?

DIFFERENCES

5



Home



DIFFERENCES

Mind

Body

Heart

Soul

“The difference between the homeless guy who wanted to be a great painter and the guy who is a great painter could be anything.”

Neil Burger

Reflection

Do you agree that anything can make the difference between success and failure? Is being homeless a sign of failure?

Action

Write H-O-M-E-L-E-S-S along the left side of a piece of paper. Write a word that begins with each of the letters that you think is related to home or homelessness. Do you see any patterns?

DIFFERENCES

6



Home



DIFFERENCES

Mind

Body

Heart

Soul

“I feel like I’ve never had a home, you know. I feel related to the country, to this country, and yet I don’t know exactly where I fit in.”

Sam Shepard

Reflection

People often feel uncomfortable when they don’t know where they fit in—when they don’t feel “at home.” Are there times or situations when you felt you didn’t fit in?

Action

Imagine that you are asked to welcome new students to your school. Make a list of the things that you would tell them about how to fit in to the school.

DIFFERENCES

7



Home



DIFFERENCES

Mind

Body

Heart

Soul

“Kindness goes a long way lots of times when it ought to stay at home.”

Kin Hubbard

Reflection

Do you think it's easier to be kind to strangers or to people at home? Does it change from one day to another or situation to situation?

Action

Suppose kindness has gone away from home. Write a note inviting it back.

DIFFERENCES

8



Home



DIFFERENCES

Mind

Body

Heart

Soul

“Nature is not a place to visit. It is home.”

Gary Snyder

Reflection

Write a paragraph describing an outdoor space that feels like home to you. Include a description of how that space makes you feel.

Action

List ten people whose homes you would like to visit. Would you like for any of them to visit you at home, or would you rather meet them someplace else?

BELONGING

9



Home



BELONGING

Mind

Body

Heart

Soul

“At the end of the day, it isn’t where I came from. Maybe home is somewhere I’m going and never have been before.”

Warsan Shire

Reflection

Some people live in the same home their whole lives. Other people live in many, many homes. Do you think that you have found your home yet? How do you, or will you, know?

Action

Write a text that you would send to friends telling them that you have found your home.

BELONGING 10



Home



BELONGING

Mind

Body

Heart

Soul

“Some of us aren’t meant to belong. Some of us have to turn the world upside down and shake the hell out of it until we make our own place in it.”

Elizabeth Lowell

Reflection

What do you think of the idea that some of us aren’t meant to belong? Is it necessary to “turn the world upside down and shake the hell to of it” in order to make our own place?

Action

Write a short story about creating your place in the world.

BELONGING

11



Home



BELONGING

Mind

Body

Heart

Soul

“Homesickness is nothing. Fifty percent of the people in the world are homesick all the time.”

John Cheever

Reflection

We usually think of being homesick when we are away from home. Do you think that half of the people in the world are away from their homes? Could people be homesick even when they are at home?

Action

Create an image to show how homesickness feels.

BELONGING 12



Home



BELONGING

Mind

Body

Heart

Soul

“Home isn’t where you’re from, it’s where you find light when all grows dark.”

Pierce Brown

Reflection

This quote seems to suggest that home is not a place. Could it be a person, a feeling, or something you imagine?

Action

Write ten different endings for “Home is_____.”

Does it seem as if one or two are more important than others? If you had to arrange them would you make a list, put them in a circle, or create a different pattern?

ACCEPTANCE 13



ACCEPTANCE

Mind

Body

Heart

Soul

“I live in my own little world. But it’s ok, they know me here.”

Lauren Myracle

Reflection

How well do you think you know your mind? What makes people feel at home in their minds?

Action

Draw a picture of your mind. Does it have a lot of rooms? Are they large or small? Are any of them marked “keep out” or “private?”

ACCEPTANCE 14



ACCEPTANCE

Mind

Body

Heart

Soul

“If you’re feeling blue, lock yourself in a room, stand in front of a mirror, and dance - and laugh at yourself and be sexy. Dance the silliest and ugliest you’ve ever danced. Make fun of yourself and try to recover your sense of humor.”

Salma Hayek

Reflection

Do you think that home should be a place where people can dance their silliest dances? What if there’s no private room? Are there other ways to cheer yourself up at home?

Action

Draw or make a collage of people dancing. If it makes you laugh, share it with friends. If it doesn’t, try to figure out why.

A HOME  WITHIN

ACCEPTANCE 15



ACCEPTANCE

Mind

Body

Heart

Soul

“Home is anywhere that you know all your friends and all your enemies.”

Orson Scott Card

Reflection

Is there always a clear distinction between friends and enemies? Do you tend to declare someone an enemy quickly or is it something that happens over time?

Action

Write a story in which you were able to heal a relationship and in doing so an enemy was transformed into a friend.

ACCEPTANCE 16



ACCEPTANCE

Mind

Body

Heart

Soul

“Be grateful for the home you have, knowing that at this moment, all you have is all you need.”

Sarah Ban Breathnach

Reflection

Do you think it's important for people to be grateful for what they have even if it feels as if it's not enough? Could this make them feel comforted by what they do have?

Action

Create a collage showing a home with all you need. Do you think you would make the same collage a year from now? What about in five years?