

Ecomaps

Overview:

There are few hard and fast rules that relate to an ecomap - these can be summarised as follows:

- Always use a large sheet of paper and ensure that the child / young person is in the centre of the paper. The exercise often works well when cut out shapes are used as these can be moved around as required before the final version is stuck down.
- The strength of relationships can be illustrated however the young person feels they want to do it. It is however important that there is a key so that the ecomap can be understood, and the key used in the example above is the generally accepted common standard.
- The distance between the different people is important as this shows how close the child / young person feels to someone.
- Date the ecomap - things change and it is useful to see when ecomaps were created as this evidences how things have changed.
- Colour is good.

Suggested lines for relationships:

Remember, these are just suggestions and so long as there is a key you can use any style you want.

	Strong or positive relationship
	Tenuous or weak relationship
	Stressful relationship
	Indicates where a relationship has significant one-way flow of resources and/or energy.

Circles

These can be cut out for the young person to label and place / move around the paper as required.

