Introduction

The main goal of this guide is to raise awareness of the meaning and value of home as a personal space where people can feel safe, comfortable, and free to express themselves.

This guide's questions and drawing prompts are based on C. Cooper's book House as a Mirror of Self. This book analyses people's relationships with their homes and greatly influenced the concept of this guide.



* on the back of this guide, you can find a poster you can modify to reflect your idea of what makes a home and decorate your room with it! 1. How do you feel about your home? How would you describe your relationship with your home?