

# MEMORY MOMENTS!

## DEVELOPING YOUR STORY THROUGH EXPERIENCE



**Grade:** K-Adult

**Month:** May

### Lesson Focus and Goals:

Memory is the process of capturing moments and storing them in our brains for later use. It can be anything from remembering your phone number to recalling the smell of your grandma's house after she baked her famous chocolate chip cookies. Some memories last forever and become a part of who we are. In stories, we talk about memory moments, times when an author stops to flashback to an important time in the character's life. These moments helped shape the character, just like they help to shape us.

### Materials Needed:

- White paper or cardstock
- Construction paper in different colors/patterns
- Scissors and glue
- Pencils, markers, crayons
- Photos if you have them

### Learning Objectives:

- What is a memory?
- How do we make memories?
- What are ways we can help ourselves remember important times in our memory paths?

### Structure / Activity:

**Step One:** Take two sheets of your white paper and fold them in half, putting one inside the other to make a miniature book

**Step Two:** Think of 5-6 moments in your life that you'd like to remember and label the top of each page with a different moment. Leave the cover of your book blank for now...we're going to put a self-portrait there later!

**Step Three:** Using your construction paper, design creative layouts that suit each memory page. Use the scissors and glue to cut and paste your designs into your book.

**Step Four:** If you have photos, add your photos to the page. If not, draw what you remember from that experience you listed to relive the memory.

**Step Five:** Under your picture, write a sentence or two describing what happened and why that memory is important to you. Remember the more senses you describe, the better your memory will stand out. "Granny and I baking cookies. I love baking with Granny because her cookies make my tummy warm and my heart happy."

**Step Six:** Draw your cover featuring a self-portrait of you doing something you love!

### Take Aways:

Everything we do creates a memory. Our five senses can help make those memories even stronger, so when you recall those precious moments think of what you saw, what you heard, what you smelled, what it felt like, and even how it tasted! As you build new memories in your life, you will continue to grow and develop as a person. Giving yourself memory moments that you can look back to when you need a pick me up or to help guide you through a tough decision can affect our lives in a positive way. But, not only do we have the power to impact our own memories, but we can help make positive memories for someone else too. So, each day try to do something that creates a positive, lasting memory on someone else's path.

