

Memories

Month: May

Week #: 36

Day: M - F

Time: 30 min. each

Memory Books, Week One

Life Tree Learning Systems ©

Objectives/Aims

The students will: construct a memory book of the past year's school events; reflect on their personal experiences and growth.

Materials

blank paper, lined paper, regular & colored pencils; an interesting diary, journal or completed Memory Book

Illustration

Number 7 learned, "A life worth living is worth recording" so he is creating a 'Memory Book.' Maybe he'll pass it on to his grandchildren someday!

Background

In his personal growth series, "Personal Power", Tony Robbins advocates journal keeping saying, "A life worth living is worth recording." Besides keeping daily or weekly journals, students can also create these end-of-the-year 'Memory Books.' These Memory Books can also help the student to both encapsulate what they've experienced this past year and to simultaneously, reflect upon it.



**My Memory Book, Week One
by Number 7**

Table of Contents

- * A Typical Day at School
- * Memorable Field Trips
- * Special Events
- * Important Things I Learned
- * My Biggest Struggles
- * The Funniest Things

Group Activity

1) Say, "For the last two weeks of school, we're going to work on making "Memory Books." These special journals will help you encapsulate what you experienced this past year and reflect upon it. Why is it important to periodically (that means, 'now and then') reflect on or think about your past?" *A: It helps us realize how much we've grown; we can gain new insights about ourselves, etc.* "Each day you will be given a topic to help you guide your thinking and organize your book. Then you will write about and/or illustrate your thoughts and experiences about the topic. We will not be doing any rough drafts, so do your best work the first time around. I want your book to reflect your writing skills as they exist right now."

2) Show a completed diary or journal and incite the student's interest by reading some interesting or humorous excerpts, showing pictures, pointing out that this could be passed on to their grand kids, talking about how they'll be able to see how much they've accomplished and grown this past year, etc.

3) Give the students an allotted amount of time to finish their assignment depending on the topic and the time constraints of the day. These entries can also be worked on at home.

Daily Topics and Notes:

Monday: A Typical Day at School

A photocopied large clock or daily schedule put together as a group can help the student organize this day.

Daily Topics and Notes: (continued)

Tuesday: Memorable Field Trips & Other Special Events

Going through the year, beginning with September, can help the students both recall past events and organize their entry.

Wednesday: The Most Important Things I Learned this Past Year

Brainstorming things a student might have learned during the past year can help the students to begin thinking about their own growth.

Thursday: My Biggest Struggles & How I Over Came Them

Remind the students that we all have struggles, weaknesses, and problems that we have to overcome. It's part of the human condition. Assure the students that if they want to keep this topic private, that's okay. It's not always easy to share these things with other people.

Friday: The Funniest Things that Happened at School this Year

Note: Point out to the students that we don't want to laugh at someone else's expense. Laughing at when others are hurt or embarrassed is not appropriate. Think about times you laughed with others, not at them.

Variations/Extensions

Conclusion

Say, "Maybe someday you'll be 90 years old, sitting in your favorite purple rocking chair, which is on your lime-green front porch way up in the Rocky Mountains. At your side sits heavily panting Lappy, your trusty, old best friend dog of many years. In your hands will be a somewhat faded, old, Memory Book that you created way back in... (insert current year). It's especially important to you now in the closing chapter of your life to think back on what you've done and what you've learned. You also smile as you think about passing it on to your seven year old grandson, Hakley and your eight year old granddaughter, Halissa. You know they'll get a kick out of it.

Note: Each day a slightly different, 'colorful' conclusion can be given.

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