

Memories

Month: May

Week #: 37

Day: M - F Time: 30 min. each

Memory Books, Week Two

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 and be affirmed in their own uniqueness.

Materials

blank paper, lined paper, regular & colored pencils; cover paper for front and back, scissors & glue for scrap booking

Illustration

Number 7 is working on finishing his memory book. He's very proud of the hard work he's done so far!

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 Two by Number 7

Table of Contents

- * My Friends
- * Important Adults in My Life
- * Scrapbooking Works and Memories
- * Compliment Page



Group Activity

1) Say, "This week we're going to

continue working on your Memory Books and complete them by Friday. Why are we making these special books? A: *These special journals will help you encapsulate what you experienced this past year and reflect upon it.* And why is it important to periodically 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.* Just to remind you, 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) 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: My Friends

Encourage students to draw caricatures of their friends and either illustrate or write down the personal characteristics that they valued in this friend. (This part of the Memory Book should be kept private so that students that weren't listed won't have their feelings hurt.)

Tuesday: Important Adults in My Life

Brainstorming a list of potential adults (e.g. parents, teachers, relatives, coaches, rabbis) can help the students recall influential adults in their lives. Encourage them to choose adults with whom they have had actual, personal contact. In addition, have them write down what they

Daily Topics and Notes: (continued)

valued in those relationships.

Wednesday: Scrapbooking Works & Memories

Encourage students to collect samples of their work that they can include in their book.

Additionally, encourage them to make comments about that particular work or that subject in general. This topic will probably require at least an hour to two hours to complete.

Thursday: Compliment Page

Have each student write their name at the top of a lined piece of paper. Place the paper on a clipboard or other hard surface. Explain to the students that they all will have the opportunity to go around and write compliments on the other students' sheets. They do not need to write their name next to the compliment. Remind them what constitutes a good compliment and how they would feel if someone said something negative. Additionally, keep an eye out to make sure all of the sheets receive compliments.

Friday: Putting It All Together

Have the students order and number the pages and then create a table of contents to cover the various topics. Demonstrate this on the board. Finally, have the students choose several pieces of colored cover paper to construct their cover for the book. Demonstrate how to place the title and the name of the author. (Don't forget the date!)

Variations/Extensions

Conclusion

Say, "You are all special and unique people. Nobody else in the world has lived your life. It is your own. It is worth recording and saving and someday, savoring.:"

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