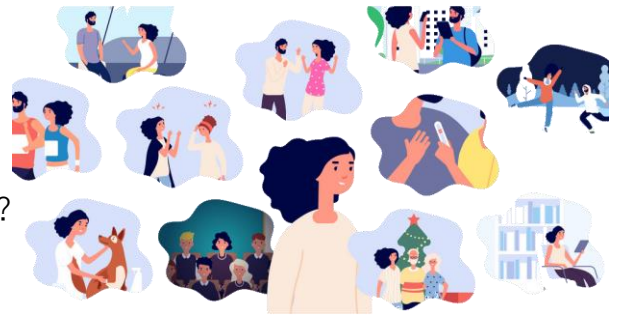


Memories

Session

- Do you think memories are important?
- Would you say you have a good memory?
- What is your earliest memory?
- Would you like to have a perfect memory?
- Why or why not?
- How would it change your life?
- Have you ever forgotten an important date, such as a birthday, anniversary or deadline?
- Are there some things or times that you wish you could forget?
- Do you have a short term or long-term memory?
- What is your most vivid memory?
- Which do you usually remember more clearly, happy moments or sad moments?
- What kind of memories would you like to make?
- Do you know anyone who has a 'photographic memory'? (A photographic memory means you can look at something once, but still remember every single detail about it, such as a phone number, a street name, someone's clothes)



- What are the ways that help you remember important memories?
- What kind of memories would you like to make?
- What is a memory that changed your view on something or changed the way you think?
- What memories would you want to remember forever and how did those memories make you feel

✚ A video can be shown on how memories are made and stores in the brain [here](#)



Questions can be asked based on the video shown:

- Before you watched the video how did you think memories were made?
- Do you think learning about how memories are made will make you value your memories more?
- Will memories ever help you in the future?
- What type of games can help your memory?



Activities

1. Describe a memory they would want to have. (Where they are, who they're with, what they're doing, to describe their surrounding)
2. Memory game: The game begins with a player saying the statement: "I am going on a vacation and I am packing my suitcase. I am taking my . . ." (for e.g.; umbrella). The other player repeats the phrase and adds an additional item (e.g.; umbrella, sunscreen). The game continues, with each player saying the phrase, all the previously mentioned items, and adding a new one. The person able to repeat the phrase for the longest time wins. You may use any phrase you wish to start the game. For example, you could go shopping and purchase items, or on a picnic and take food.

