

# My Favourite Memory

WRITTEN

To help students focus on positive experiences and gratitude by reflecting on their favourite memories.



## Learning Intentions

**I can reflect on my happiest memories:**

This encourages students to think about positive experiences that bring them joy.

**I can express why this memory is special to me:**

This helps students reflect on the emotional significance of their memories.

**I can communicate my favourite memory through writing and drawing:**

This allows students to creatively express their personal experiences.



## Success Criteria

**Identifying My Favourite Memory:**

Students can identify their favourite memory, ensuring they focus on a specific, meaningful moment.

**Explaining Why This Memory is Special:**

Students can explain why this memory is special to them, encouraging them to connect their feelings with the memory.

**Expressing My Memory Through Writing or Drawing:**

Students can express their memory through writing or drawing, helping them communicate their thoughts and feelings effectively.



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**PLAY**

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**Objective:** To help students focus on positive experiences and gratitude by reflecting on their favourite memories.

**Players:** Perfect for small groups, classrooms, or individual reflection.

**Materials:**

- Paper
- Coloured pencils, markers, or pencils.

**Setup:** Provide each student with a piece of paper and access to coloured pencils, markers, or pencils. Encourage them to think about their favourite memory.

**Activity:**

1. **Think About Your Favorite Memory:** Ask students to reflect on a happy or meaningful memory that stands out to them.
2. **Write or Draw About the Memory:** Have students write or draw about their favourite memory and explain why it's special to them. Encourage them to include details that make it memorable and include the feelings/emotions the memory created.
3. **Reflect on the Specialness of the Memory:** After completing the activity, students can share their memories with others, if they chose to draw it, have students hold up their drawings and those around them need to try and guess what the memory is. If the students chose to write about it, have the students discuss why those moments are important and how they made them feel.

**Reflection Prompt:**

- What made this memory special to you?
- How does thinking about this memory make you feel?
- Why is it important to focus on happy memories?

**Winning the Game:** There is no winner in this activity. The goal is to reflect on positive experiences and appreciate the things that bring joy.

**Additional Notes:** My Favorite Memory helps students focus on gratitude by reflecting on the positive moments in their lives. This activity fosters emotional well-being, self-reflection, and appreciation for the good things in life.

