

My Memory Bank

To reflect on positive personal memories and explore the emotions they bring, then share those memories creatively with a partner through drawing and discussion.



Learning Intentions

I can recall meaningful memories that have shaped who I am:

This encourages students to connect with positive past experiences and reflect on what made them special.

I can express emotions and details through drawing and storytelling:

By drawing and describing their memory, students practise creativity and emotional literacy.

I can listen and respond with care when sharing memories with a partner:

This supports social connection, empathy, and respectful communication.



Success Criteria

Memory Detail and Description:

Students are able to remember and clearly describe a meaningful memory, including the people and setting involved.

Emotional Awareness:

Students can identify and express at least three emotions connected to their chosen memory.

Kind and Respectful Sharing:

Students take turns sharing and guessing their partner's memory with kindness, listening and responding respectfully.



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Objective:

To reflect on positive personal memories and explore the emotions they bring, then share those memories creatively with a partner through drawing and discussion.

Players:

This activity is best completed individually first, then shared in pairs.

Materials:

- Blank paper or drawing sheets
- Coloured pencils, markers, or crayons
- Optional: Emoji emotion chart or feeling word bank

Setup:

Each student needs a piece of paper and something to draw with. Make sure they have a space to work independently before sharing their work with a partner.

Gameplay:

1. Memory Brainstorm:

Ask students to think of 2-3 of their favourite memories, moments they never want to forget. This could include:

- A special holiday with family or friends
- A birthday celebration
- A moment of surprise or joy
- A time they laughed until they cried

Encourage students to close their eyes and take a moment to visualise these memories in their mind before choosing one to focus on.

2. Draw the Memory Bank:

Students choose one of their memories and draw it in as much detail as they can. Ask them to include:

- People who were in the memory
- Objects or places that were important
- Any small details that help bring the moment to life

3. Add Emotions:

Next, students reflect on how this memory made them feel. They can write down or draw at least three different emotions connected to their memory. Emotions can be expressed using words, emoji faces, or simple illustrations.



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4. Share and Guess:

Once drawings and emotions are complete, students pair up. One student shares their Memory Bank drawing without saying what the memory is. Their partner gets up to three guesses to figure out what the memory is about.

- If they guess correctly celebrate the moment!
- If they don't guess correctly, the student who drew the memory explains what the moment was and shares the emotions they felt.

Encourage respectful, caring listening and celebration of each other's memories.

Reflection Prompt:

- What made your memory so special to you?
- How did it feel to share your memory with someone else?
- Did any emotions surprise you as you thought back to that moment?

Winning the Game:

There is no winner in this activity. The aim is to reflect on meaningful life experiences, share emotions, and connect with others through storytelling and listening.

Additional Notes:

"My Memory Bank" builds emotional awareness, empathy, and connection. It encourages students to revisit joyful moments in their lives, recognise the feelings attached to them, and share those experiences creatively with their peers. This activity is also a great way to boost self-esteem, gratitude, and relationship-building in the classroom.

