

Memory Wall/Book

Resources: Paper, colouring pens/pencils

Memory Wall/Memory Book is another way to encourage positive experiences to be shared. Each participant is given a few minutes to think about a positive experience for example:

- What was a happy time/positive experience during lockdown
- What is a happy time/positive experience you remember from school before lockdown

Participants can take a few minutes to discuss their ideas with a partner

Participants then are encouraged to draw a memory – any style to go into the memory wall/book. Allow up to 30 minutes. Participants can draw one or more as they wish. When time is up participants are asked to give their pictures to the facilitator. The facilitator will then ask if any of the participants would like to talk through their memory picture with the group. As with all circle work this is a voluntary contribution and only if the participants are happy to share. This activity can be done through a virtual platform where participants can send a photo or scan of their picture to be saved all together either to be displayed or kept in a memory book.