

Name: _____ Period: _____ Date: _____

Recalling Your First Memory

Describe your very first memory. Be sure to include your age, the location, as well as the five senses (smell, hearing, sight, taste and touch) as best you can:

What was the most challenging thing about writing down your first memory?

The details? (Can you remember the five senses clearly or are they fuzzy?)

The facts? (Are the dates, times, places, accurate or did you have to guess?)

Emotion? (What emotional impact does this memory have on you? How does this memory make you feel? And why?)

Roll Play - Memory Exercise

Imagine that you are experiencing a memory from your early childhood. What you are hearing and seeing are the visuals and sounds that you are recalling from when you were six years old.

Use your imagination to describe location #1 using the five senses (smell, hearing, sight, taste and touch) and where you think you are:

Use your imagination to describe location #2, how you are feeling and why you might be feeling that way: