A Trip Down Memory Lane

ACTIVITY OVERVIEW

This activity offers shared experiences and movement to create memory links among group members that help them reflect and connect.

In this activity we will:

- Think back to our favorite memories over the school year
- Reflect on what makes them memorable
- Share these experiences with our peers

Essential Questions:

- Why is it important to consider the things that make one experience unique or similar?
- How can shared experiences aid the forming of a group?

BRIDGE

Write your bridge here:

_____

_____

_____

THEME

Write your theme here:

_____

_____

_____



DIRECTIONS

1. Each participant is given a slip of paper and writes down one memory that stands out from the past year.

Time

Activity:
20 minutes

Reflections:
10 minutes

Materials

For your group, you will need:

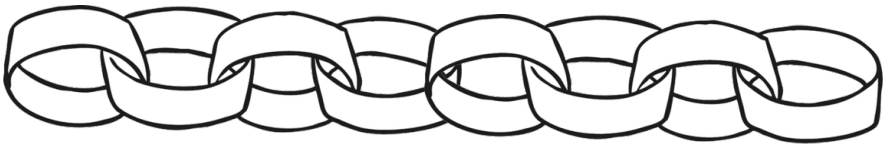
- ☐ One strip of paper for each participant – using the 11-inch side of an 8.5" x 11" sheet of paper will work well to make the strips
- ☐ Markers
- ☐ Staplers

© 2024 CENTER FOR SUPPORTIVE SCHOOLS

2. Participants stand up and form circles with 5-6 people in each. Beginning with a volunteer, each person shares a memory and then begins to link the strips together (with staples or tape), with the written memory facing outward, as follows:



3. A volunteer from each circle shares a common theme from the shared memories, and then all memories are linked together to form a chain of connections.



10

REFLECTIONS

Discuss the following questions:

- In what ways were our memories similar? In what ways were they distinct?
- In what ways do we walk away from this year together connected?

Notes

© 2024 CENTER FOR SUPPORTIVE SCHOOLS