

WORKSHEET

**Images From Memory**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. Circle one of the words in the list below that reminds you of a memory. For example, for the words “kitchen/ bedroom” you could have a memory about making cookies in your grandmother’s kitchen or spilling a carton of milk in a friend’s kitchen or having a pillow fight in your sister’s bedroom.

*park / playground*

*kitchen / bedroom*

*sports / game*

*late at night / early morning*

*river / pool / lake*

*vacation / party*

*woods / field / yard*

*sunshine / snow / rain*

Create your own: \_\_\_\_\_

2. Close your eyes and try to put yourself back in that memory. Think of who is there, what is around you, what feelings the memory gives you. Then open your eyes and list as many details from your memory as you can for each of your five senses and emotions.

**SIGHT:** \_\_\_\_\_

\_\_\_\_\_

**SOUND:** \_\_\_\_\_

\_\_\_\_\_

**SMELL:** \_\_\_\_\_

\_\_\_\_\_

**TOUCH:** \_\_\_\_\_

\_\_\_\_\_

**TASTE:** \_\_\_\_\_

\_\_\_\_\_

**EMOTIONS/FEELINGS:** \_\_\_\_\_

\_\_\_\_\_