

THEME: RELATIONSHIPS

TITLE: MEMORIES

OBJECTIVE:

1. Members will express at least one positive memory involving themselves and someone else
2. Members will express at least one negative memory involving themselves and someone else
3. Members will be able to express how they felt about one or both memories in the group

MATERIALS

1. Several pieces of paper
2. Markers
3. Crayons
4. Pens/Pencils

INSTRUCTIONS

1. Introduce the activity by stating that we all have both negative and positive memories of our family and friends and that there are feelings that we like and dislike
2. Pass out paper and markers/crayons
3. Instruct members to divide the paper in half with a dark line (or they can draw on both sides of the paper)
4. Ask group to draw a happy memory on one side and an unhappy memory on the other
5. Go around the group and ask each member to share their memories that are represented in the picture (it is a good idea to have the mentor start)
6. Possible discussion questions: How did you feel? Why do you consider this memory happy/unhappy? What did you like/dislike about it? Did you talk to your parents or anyone else about it?

