

Art is in the House

— ACTIVITY

Memory Book

By Chelsea Woolley



Think of a house you know well....

Maybe it's Grandma's, or a best friend's, or a cousin or two...Maybe you haven't been there in a while. Do you remember what the house sounds like? Smells like? What things you did inside...?

Memory Book Activity:

After visualizing the rooms from a loved one's home, create a book where each page illustrates a different room and memory from a time you spent there.

Why a Memory Book?

During this time of quarantine and social distancing, so many of us miss visiting the homes of those we care about most. This project invites participants to reflect on memories shared between four walls, recreate these memories on the page, and perhaps gift the finished book to the loved one whose home you have written about.

Suitable For:

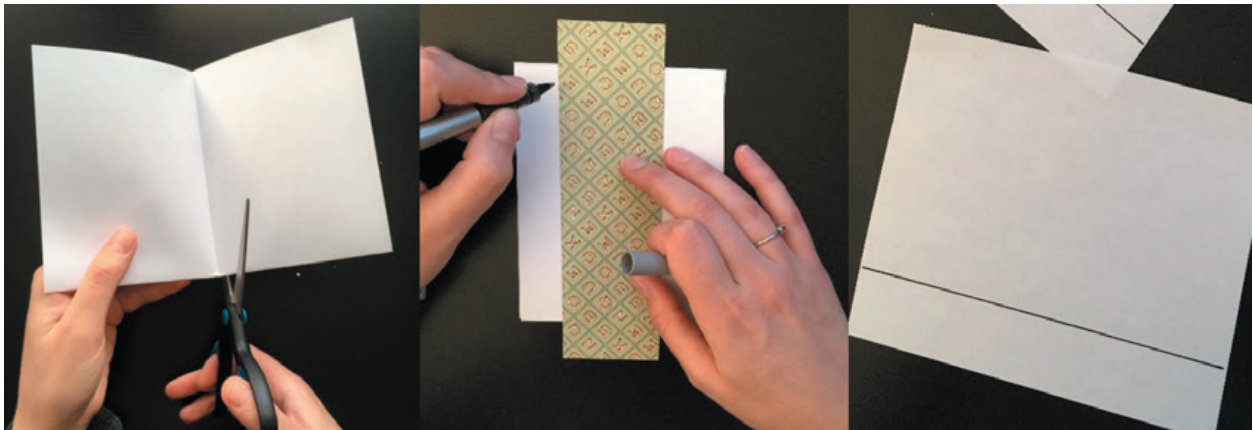
Children of any age. Those who cannot yet write will need help with their captions and cutting.

Materials:

Paper, pencil crayons/colouring materials, scissors, glue, ruler, pencil, scrapbooking or wrapping paper for a cover, stapler or a hole punch and yarn.

Getting Ready:

- Cut two blank sheets of paper into four equally sized pages each. You will end up with eight small pages.
- Leave two pages out for a cover and back of your memory book. With a ruler, draw a line across the bottom of all the other pages. This is where your captions will go!
- Choose a loved one whose home you know well and wish you could visit.
- Now we're ready to go!



Activity:

- Stand in an open space and close your eyes. Imagine you are at the door of your chosen person's home.
- With your eyes still closed, open the door and step inside.
- What is the first thing you experience? The smell of cooking? A pet sniffing your feet? A fuzzy carpet below?
- With your eyes still closed, imagine you step into the next room. What sights do you remember? A couch? A toy? Brightly coloured curtains?
- Walk through the entire house this way. Take your time and 'visit' each room thoroughly.

Don't forget the upstairs, basement or back yard!!

Write:

- On the bottom of each blank page, write in a memory from one of the rooms you visualized.
- Consider using the template: “In the _____. I Remember: _____.”

Exemples:

- In the Kitchen I Remember: Decorating Cookies with Grandma.
- In the Bathroom I Remember: Chasing Duke the Cat into the Shower!
- In the Laundry Room I Remember: Sorting Socks with Grandpa.

Draw:

- Once you have a memory for each space in the house (cut more pages if you need), it is time to draw!
- Illustrate the memory on the page above its description.



Cover:

- Once your pages are full of memories, use scrapbooking or wrapping paper to decorate your title and back pages. Don't forget to sign your name!
- Bind your book together with a hole punch and yarn, or a simple set of staples.

Give:

Consider giving this book as a gift to the loved one whose home you lovingly wrote about.



Reflections:

- Were some rooms easier to remember than others? Why do you think that is?
- Sharing memories is a special way to tell someone you love them. How else might you share love?

