



## WORD PLAY



# LESSON 5

## MEMORY POWER

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Stories give us power! They can motivate us to live our best lives. Some of our most potent stories come from memories. Let's explore a memory that can bring us strength anytime we need!

## Instructions

- A.) Re-imagine a memory in which you felt warmth and strength from your friends or family. What did it feel like? Who was present? Where were you? Let yourself remember this memory with all of your senses!
- B.) Record your memory by writing it down in as much detail as possible. Ask an adult or older sibling to help you write if you need!
- C.) Share your memories with us and we'll share with the community!

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