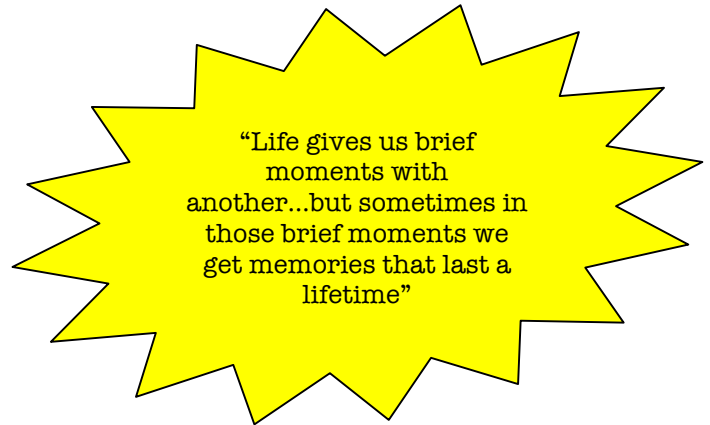


Grade 8 – Challenge #1

Create Positive Memories

Memories, especially joyful ones, fortify relationships and increase their endurance. We really don't "plan" on creating happy memories, they just seem to happen, yet we'd all like it if we knew we could have more of them. But how do we go about intentionally making them happen? What are the things that we remember most? Here are a few suggestions about creating positive memories:

- **Experience New Things Together** - When we experience something new, our senses are heightened, our adrenaline is active and our awareness is keen. Scientifically, all those biological factors actually work to sear memories deep into our subconscious, and make them easier to recall.
- **Create Together** - Creating involves being *open, imaginative, and cooperative*, and in the end, there is a result in which everyone contributed a part. When you create together, do it in a spirit of fun, and of play; don't worry about the results.
- **Be Active Together** - Make it a point to experience things that require active involvement, even if just occasionally. Games, hikes, outdoor activities, or sports are all easy enough to do. You don't have to do them all the time if they're not your thing, but choosing active entertainment expands our experience of one another in a way that passive entertainment just can't.
- **Include Others When You Spend Time Together** - This doesn't have to be all the time, but including others not only brings a freshness to regular activities but also widens our perceptions of each other. Plus, the more personalities in a place, the more unexpected results, which often become the stuff of some of our funniest memories.



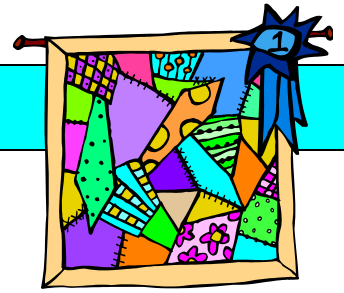
- **Share in Joy and Celebratory Events** - Make time to acknowledge joyful moments and celebrate successes and triumphs, no matter how small, be it your own or someone else's. Joy can be contagious, and taking part in celebratory occasions together often adds more *meaning* to relationships.
- **Make Room for Spontaneity** - Next time you're inclined to pass on an invitation to do something because it's not your thing, just say "yes." The most wonderful, unexpected surprises often take place when we let go and let spontaneity reign supreme for a while.

Creating Positive Memories

Identify some positive memories you've already made here at NMS in the categories listed below. Then list upcoming opportunities to make more positive memories. When completed, have students share their positive memories with the class – see if students have shared memories.

Positive Memory During an Academic Class	Positive Memory with a Teacher
Positive Memory During an Exploratory Class	Positive Memory with a Classmate
Positive Memory During a School-Related Activity	Positive Memory with a Friend(s)
Upcoming Opportunities to Make Positive Memories 1. 2. 3. 4. 5.	

Memory Quilt



PURPOSE

As we all know, middle school can be a tough time for a lot of students; however, it is also a time where a lot of positive memories can be made. Let's celebrate some of those positive memories that students have made here at NMS. Identifying, memorializing and sharing these memories will solidify their meanings for the students.

MATERIALS

1. Quilt Squares (provided)
2. Markers, colored pencils, pens, pencils, etc. (markers are available in the office if needed)
3. Tape (ask at the office if needed)

PROCEDURE

1. After sharing their positive memories with the class, have the students choose their favorite memory.
2. On the quilt square, each student should memorialize that memory artistically. They can use words, pictures, symbols, etc. to represent the memory.
3. Connect all the squares with tape to form a quilt.
4. Display the quilt in your classroom.

OPTIONS

If time, have the students create a second quilt or just a list of the upcoming opportunities to make positive memories.

REFLECTION/QUESTIONS FOR DISCUSSION

1. What made each of your memories positive?
2. How do you feel when you reflect upon positive memories?
3. What will you do to make future events here at NMS memorable in a positive way?