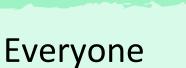




Towards Freedom fron Child Sexual Abuse

## **UNPACKING MEMORIES**





# When can you do it?



- When you feel bored.
- When you want to go down memory lane.

#### How to do it?



- You can take out old photos, reorganize or make a collage out of it. Involving children or family members in this activity can lead to bonding and can improve communications.
- One can also do this alone by reorganizing a shelf, cupboard or drawer.
- You can also talk about the stories related to those photos while organizing them.

### How will it help and expected outcomes?

- Helps to organize one's thoughts when feeling overwhelmed or clouded.
- Helps in creating a bond while going down the memory lane.

#### **Resources required?**

- Old Photos
- Photo organizer / Scrap Book



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