



## UNPACKING MEMORIES

### Who can do it?



Everyone

### 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

