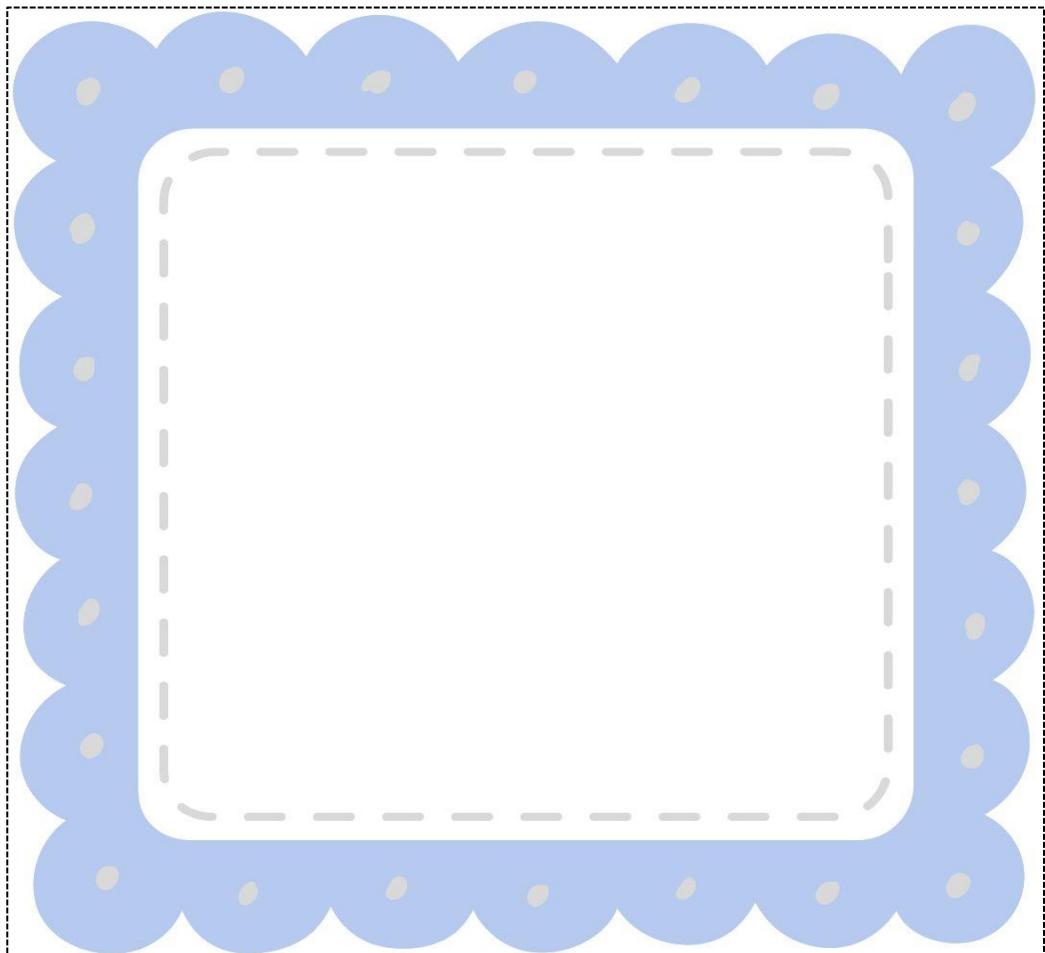


## Our Quilt of Happy Memories

*An activity of "Tying up loose ends with love".*

Read the article "Tying up loose ends with love" (page 18, *What's Up* April 2024). Just as the volunteers in the story did, you too can add to the happiness around you, wherever you are.

1. Think of a happy memory, something you are thankful for, or a way you remember someone special. (The person may be alive or may have passed on.)
2. In the square below, use colour pencils, crayons or markers to create a design that represents your chosen memory. You can draw pictures, patterns, or use words and symbols that are meaningful to you.



3. Share the story behind your design. Here are some points you may want to consider:
  - What was the memory you chose?
  - Why is this memory so special to you?
  - Are there people, things, or a place that are important in this memory?
  - How did you feel at the time it happened? How do you feel about it now?
  - Why did you use the colours, symbols, and words to represent your memory here?
  - What do you hope others will understand or feel after hearing your story?

4. As a whole class, make a quilt of happy memories. For the backing, tape together two sheets of flipchart paper. Cut out and arrange all the squares on the backing. When you are satisfied with the arrangement, glue on the squares. Display the quilt in class.
5. On your own, jot down your personal insights that emerged during this activity.

# REFLECTIONS

How did you feel while listening to each others' stories?



Was there a classmate's memory that particularly stood out to you? Why?



Were there any similarities or differences that you see between your memory and your classmates'?



How has this activity helped you to understand your classmates better?



6. Share these reflections with two or three classmates. Invite them to do the same. Sharing happy memories is one way to help ourselves and others feel good about life.