

HAPPY TIMES

# My Memory Album

**Materials:** Worksheet, photos, crayons, markers, special receipts or ticket stubs, and anything they would want to add to their memory album.

**Directions:** Read the worksheet, complete the activity and discuss. This activity can be completed as a group or individually.

DISCUSSION QUESTIONS

How did you feel thinking about your happy times with your family?

What are some new memories you want to make with your parents?

Our parents' divorce can send a flood of emotions through us on any given day. We can feel stress, anger, sadness, loneliness, fear, etc. When these emotions come upon us, we need a way to express and work through them in a healthy way. One way to help us get through some of these emotions is to think about the happy times!

Today, we are going to create a collage of happy times we have experienced with our families! This way the next time we get in a rut, we can look back on the happy times to propel us moving forward.

ACTIVITY INSTRUCTIONS

*In the space below, draw and label the things that remind you of happy times with your family. Some things you may want to include are a ticket stub to a concert with your dad, a piece of material that you sewed with your mom, or a family photo.*

