

## R is for... Remember

Starting school is a time of many emotions: excitement; anticipation; nervousness; fear...

- What do you remember of your first day at Primary School?
- How did you feel?
- How did this compare to starting at secondary school?
- What is your best memory of Primary School?

## E is for... Evoke

*Evoke: to bring or call to mind a memory or feeling*

The five senses (hearing, sight, taste, smell, touch) can evoke memories. Of the five, smell and taste are recognised to be the most evocative of the five senses and have the ability to spark powerful and often deeply buried memories. Pick a sense that evokes memories in you.

- Where does the smell, sound, touch, taste or sight take you?
- What did you see?
- What happened?
- What did you feel - literally or emotionally?

## M is for... Memories

Some of our earliest memories stay with us forever.

- What is your first memory?
- How did it make you feel?
- What do you feel about it now?

## E for... Epitaph

An epitaph is a short poem or a phrase which remembers a person who has died or something that has gone forever.

- Have you lost something special in life? (a person, a missing toy, a birthday cake that has been eaten...)
- How does it make you feel when you think of them?

We also remember our war dead each year on the 11<sup>th</sup> November.

- Do you have a family member lost in war? What do you know of them?
- How does it make you feel knowing they lost their life in war?

## M is for... Music

Song lyrics are also poems. Music can also cause one to remember people, places and events from the past.

- When did you first become aware of music?
- What piece of music makes you recall your strongest memories?
- What feelings can music evoke?
- What is your favourite music?

## B is for... Blue remembered hills

Very often, places you visit can leave you with good (or bad) memories. Eg. A school trip (Lagganlia); a holiday; a visit to another part of Orkney or Scotland

- What memories do you have of the place?
- Could you go back to that place? Would it be the same?
- What are your feelings when you think of it?

## E is for... Evolve

*Evolve: unfold, open out; develop or achieve gradually*

Our memories are part of us – part of our personalities and how we live our life. From our earliest memories to more recent ones, our lives are shaped by them, the people we meet, the family we are part of; the things we see and do and learn. They allow us to evolve into the person we are today.

- What memories or people do you think have shaped your life so far?
- How do you feel about them?

## R is for... Recall and record

In our busy day-to-day lives we rush around, sometimes rarely stopping for a rest - how do we remember all that we have to remember to do?

- How do you remember the things you have to do? (the chores; the homework; the shopping...)
- How do you remember and recall what you learn at school?
- Do you have any special methods to remember what you have to do?