



Freezing Memories

Sometimes, we would all like to be able to turn back time and freeze it: to go back to beautiful or special moments that we have shared with the people we love. Sammy too. He goes through his memories and freezes some of them, so that he can go back to them whenever he wants. How does he do that? We will show you here, in case you would ever like to do the same.

- 1) Sammy cuts paper snowflakes as he thinks of his mum. When he has a special memory that he would like to go back to in the future, he asks someone to help him write about it on a flake. For example, when his mother read him a story at bedtime, a holiday at the beach, a chocolate ice-cream that they had together, a walk, a birthday party.
- 2) Then, he closes his eyes and goes back to those memories in his head. It helps him to think about how the place smelt, the colours, the sounds, what he felt when he touched something, and also his feelings at that time. Sometimes, he stays in the memory for a long time with his eyes closed. Sometimes, he doesn't.
- 3) When he finishes making all the flakes he wants, he gathers them together and puts them in the freezer.
- 4) After two minutes, he takes them out of the freezer and, with the help of an adult, joins all the flakes together by threading a piece of wool through them.
- 5) Since these memories are now frozen, Sammy can take out the snowflakes, read what he wrote and go back to those special moments. Sometimes he likes to add new snowflakes to his collection of frozen memories. He keeps them in his memory box so that they do not get lost (see Memory Box activity).



