



RecipeCards

A Project of the Jeffco Student Health Advisory Council

Sharing a Favorite Memory

An activity to develop connection through personal stories

Time
20 to 30 minutes

Group Size
Ideal is 25 so that everyone has a chance to share

Materials
None

INSTRUCTIONS

1. Have students sit in a circle
2. Go around the circle sharing a favorite childhood memory
3. Activity works best when student lead and facilitated

DISCUSSION QUESTIONS

- What story stuck out to you the most?
- Did you learn something new about everyone in the circle?
- Could you relate to anything?
- Do you feel closer to your peers?