

WALK-THROUGH ACTIVITY



List 25 memories/details about your childhood home(s).

Close your eyes and visualize that you are back in your childhood home. Do a walk through, room by room, as if you were giving someone a tour of it. Jot down the details and associated memories that you can recall.

You will find it helpful to draw out a basic layout of your home... like an overhead blueprint of the building. Makes notes on it as you remember things.

As an example, you may imagine the kitchen counter and the place on the counter that mom used to keep the cookie jar. You may cause you to recall the times that you helped mom make cookies for certain occasions.

Don't forget the yard! "This spot in the backyard is where my family always had big summer barbecues...dad was very proud of his grill that he received as a Father's Day gift that year!"

Basically, you want to connect a location or feature of the home with as many memories as possible. Also, as you mentally walk through your childhood home, think **what can you see, hear, smell, touch and/or feel?**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

20.

21.

22.

23.

24.

25.

Additional Notes, Comments and Stories About Your Childhood Home: