

HAPPY MEMORIES BOOK

WHAT (IT IS ABOUT)

The aim of this hack is to create a book to make the girls feel happy.

WHERE (IT WILL TAKE PLACE)

You could introduce this hack to the girls as part of their unit meeting, to be continued at home, or they could work on their books across multiple meetings.

WHEN (IT WILL HAPPEN)

During the unit meeting, or at a time to suit the girls outside of the unit meeting place.

HOW (WE WILL DO IT)

Encourage the girls to create their own happy memories book using different resources. They could include their favourite quotes, photos of their friends, camps or holidays etc. They could include things people have said to them that have made them happy or accounts of their favourite happy moments. If they would like to, the girls can then tell the rest of their unit about some of the things they have included in their book and why.

THINGS YOU NEED

- A blank book
- Pens
- Photographs and anything the girls wish to put in their book, or create for it

SKILLS

- Writing
- Design
- Reflecting skills

INTERESTS

- Words
- Craft