

Memories of Home

The aim of this exercise is to explore your life story more deeply by recalling the smaller details, your *micro-memories*, using the places where you have lived to access these.

Part 1

Recall in your mind, one by one, some of the different houses or flats where you have lived, as a child and as an adult.

In your mind, revisit each of the rooms and the outside space, and see what memories emerge.

Spend some time in free-flow writing and let your micro-memories resurface. Include any family anecdotes about yourself, especially if you were too young then to remember them directly.

Part 2

Perhaps there is one place in particular that draws your attention, where you lived for a long time or that has special memories for you. Draw a picture of it and include the outside space too.

Then go through the questions in *How to Explore the Meaning of your Picture*.

Repeat this part of the exercise as much as you like with other places where you have lived.

Part 3

What learning do you draw from this exercise? See the guide: "*How to draw out your learning*".



The house where I lived as a child in Kenya